

Submission Time	What question did the poster ask you?	And how do you respond?	How do you cope with grief?	
2022-05-14T17:05:37Z	Do you hide your feet under the covers?	One foot in one foot out	Spotify playlists	
2022-04-19T00:52:57Z	does the boy you cried about silently watch your stories?	no	i chew over a lot and get stuck until one day i wake up	
2022-07-11T21:38:50Z	did you miss a deadline?	no, i have not. but i know i will.	Draw the feelings away. and don't look back.	
2022-05-23T23:13:34Z	When was the last time you cleared your mind?	Today	Religion	
2022-07-10T22:02:41Z	do you respect the power of love?	Yes I do. But I have trouble respecting myself fully sometimes as an act of self love.		
2022-05-14T20:28:13Z	don't you have enough? Why did you take so much?	I feel like i gave everything away and now i'm desperate to get something back.	I typically fill the void. I am beginning to do it in a healthier way I THINK. I'm not sure, but i'm trying.	
2022-07-01T21:44:41Z	are you hurting?	hell yeah	not in a healthy way. i just sort of let it sit with me and gnaw away at me until i'm gone. then one day i'll perk right up and apologize to the world for forgetting how beautiful it is! ...then i forget again	
2022-06-05T20:34:51Z	Fo you catch my drift	Omg?	i dont know!	
2022-07-13T21:19:29Z	Have you cried your eyes out?	It's been a minute, but I broke down in front of a friend for the first time I can remember at the end of last year.	I don't.	
2022-06-01T22:10:00Z	Are you fighting an uphill battle?	Sometimes	Distance	
2022-06-23T13:40:26Z	Have you cried your eyes out?	Duh.		
2022-06-20T21:26:34Z	Have you cried your eyes out?	Many, many times.	Awareness, connection, patience, care.	
2022-06-07T17:34:40Z	Have you cried your eyes out	"Yes, I have. At my work desk over the Uvalde and Buffalo mass shootings"	I remember the things that fill my cup. I spend time alone walking in nature, listening to music, and taking time to unpack my thoughts. I journal, read books, and meditate. I talk to my friends and family, and seek out professional help if I need it. I remember my guideposts, my dreams, and the things that make life worth living. If I feel totally broken, I try to complete really small tasks.	
2022-06-22T02:59:00Z	Does the boy you cried about silently watch your stories?	He used to. When we reconnected and he realized that I wasn't going to fall for his manipulative, fuck boy tactics, he blocked me. I'm better for it.	I cope with grief by giving myself the little accessible things to make myself happy, like a good latte. I cry, I talk, and I allow myself to feel so that I can keep moving forward.	
2022-07-13T21:33:51Z	have you been hurt?	who hasn't been hurt?	i dont think i really know what grief is	
2022-06-10T09:11:15Z	Are you facing an uphill battle?	We all are.		
2022-07-04T01:45:20Z	how does growth even happen	spending time alone, observing your opinions and emotions, self examining yourself and setting standards+goals	I actually never had to grieve so tremendously...	
2022-05-03T22:13:10Z	Did you miss a deadline? Will you remember in 5 years?	Trying to balance not missing deadlines and spending time with people I love. Good to consider which of the two really matters in the long run.		
2022-06-21T02:37:01Z	Something to the effect of "do you need someone to listen?"	Yes, I do.	Not very well. I'm more apt to seek distraction, try to pretend it's not happening, anything to avoid feeling my feelings.	
2022-05-29T00:02:59Z	Does everything happen for a reason?	Sure	We dont	

2022-06-08T13:25:45Z	what gifts have animals given you?	my dog, scout, gives me love. and stability	i don't think i know how to, yet. or at least, not well.	
2022-05-01T12:24:17Z	Are you hurting?	Right now? Yes.	I like to reach out to friends and family and not be alone. I also like to take long walks and think. Writing music helps too!	
2022-07-12T21:32:24Z	Are you happy to be alive?	I'm indifferent	Reminiscing on good times	
2022-06-27T22:16:20Z	How do you cope with grief?	Find ways to honor the ones you've lost and remember their love lives on through you and inside of you.		
2022-05-01T23:15:37Z	Have you been surprised lately?	Me neither. Come find me.		
2022-06-05T01:00:11Z	Have you cried your eyes out?	Yes	I keep pushing it back until i explode in panic.	
2022-04-30T17:35:44Z	Have you been hurt?	Plenty of times, a lot of them by myself.	Dogs.	
2022-07-16T22:34:23Z	Have you been hurt?	Yes, obviously. What kind of person hasn't been hurt before?	Fairly well. Short attention span. Though admittedly, I have very little experience with it.	
2022-06-12T15:53:01Z	Have you cried your eyes out	Yes		
2022-07-04T01:00:54Z	Is it trauma or just growing up	I had a lot of trauma from being a person with a learning disability in the school systems so probably trauma	I try my hardest to make myself feel it then get thro it	
2022-05-24T19:07:35Z	Does everything happen for a reason?	Yes and no. Things are miraculous but meaningful.	Time	
2022-05-15T16:29:08Z	A question about Self healing	I'm not sure		
2022-04-25T18:10:48Z	To find the ghost	By doing it	I get upset	
2022-06-05T15:43:29Z	What's hurting you the most right now?	I think I might be non-binary, but living as that would mess up things in my life I don't want to lose.	Very poorly	
2022-06-10T17:52:32Z	Does everything happen for a reason	Yes	By going to the people I love and talking with them.	
2022-05-17T20:07:51Z	Do you hide under the covers why? I don't bite	I used to when I was younger and scared		
2022-05-23T21:33:12Z	Do you hide your feet under the covers?	Yes.	Time is the only thing that helps me	
2022-05-14T02:33:18Z	Does the boy you cried about silently watch your stories?	Back when I still posted stories yes. Then he slid into my DM's	Sleeping and protecting my heart more and more to the point where I am not sure that I can actually love	
2022-07-19T19:29:24Z	are you hurting	yes, i feel i have to work 10x as hard as others just to be half as good. i feel like i don't have anybody close to me in my life. i'm worried about my future.	I throw myself headfirst into social activities and surround myself with friends as a distraction.	
2022-07-10T18:42:14Z	Do you have performance anxiety?	Just push through it!		
2022-07-14T16:57:39Z	Does everything happen for a reason?	I used to think so, but now I'm not so sure	By making jokes	
2022-05-20T22:25:40Z	Have you cried your eyes out	Yes	I don't	
2022-05-10T16:51:27Z	Do you hide your feet under the covers?	Yes	Spend time outdoors and with loved ones. More self care and less self guilt trips	
2022-07-18T00:19:16Z	you remember in five years	idk	music	
2022-05-26T21:00:29Z	Does he think you're a person or a woman? Or even worse, does he think there's a difference? Do you?	I don't know what he thinks. But there is no difference between a "person" and a "woman". We're all human beings.		
2022-07-19T17:31:17Z	Is anyone else getting really worried about climate change?	Yes	I escape into fictional worlds.	
2022-05-21T23:29:49Z	Have you cried your eyes out ?	Yesterday	Laughter	

2022-05-08T03:53:49Z	Have you ever cried your eyes out?	Many times.	Just keep riding the waves. I wish I had less experience with this, but I feel like for me the grief doesn't hit while in the pragmatic parts. The arrangements and obligations are kind of a relief in that way because you have to compartmentalize. The feelings sneak up and knock us down in the shower or the supermarket or when going to bed. You're in the thick of it but you're also right where you need to be. And you are surrounded by love.
2022-05-21T22:12:47Z	Are you fighting an uphill battle?	I would say that I am, since fighting injustice and trying to make the world a better place is always an uphill battle, especially if parts of your identity that are constantly attacked make it even harder. But it's encouraging to know how many people out there are kind and have good intentions, despite how futile things can seem sometimes.	Crying, mostly. That's always been my main release. But also finding and talking to people experiencing similar things. It's often easy for me to feel like I'm alone in suffering, but I know we're never really alone and somebody will always care and be available to help us bear our burdens.
2022-05-01T18:49:55Z	Are You Fighting An Uphill Battle	No	
2022-06-13T01:37:26Z	Have you been surprised lately?	Not really	Connection & diving into the grief/trauma
2022-05-31T17:57:42Z	Does everything happen for a reason?	Everything happens in 4 seasons.	Crying therapy
2022-05-08T13:18:08Z	Are you hurting?	Yes	Crying. Anger.
2022-04-28T19:45:07Z	Have you cried your eyes out?	Yes	
2022-06-05T19:33:19Z	When did you last clear your mind?	Not recently	
2022-07-15T12:30:16Z	How are you going to move forward?	Not give a fuck	
2022-07-10T00:11:22Z	Does everything happen for a reason?	no	cry
2022-04-18T21:31:46Z	Does the boy you cried over still secretly watches your stories?	Probably	
2022-07-14T19:50:05Z	What gifts have animals given you?	Company, sincere love	Never experienced it
2022-04-29T22:20:46Z	Do you hide your feet under the covers?	Yes	
2022-04-30T02:03:53Z	When last were you surprised?	It's been a while	I smoke weed
2022-06-12T16:57:23Z	Have you cried your eyes out	Yes	Not very well
2022-06-27T21:53:52Z	Do you have performance anxiety	Yes	Crying screaming throwing up
2022-06-15T16:27:09Z	Does it inspire anyone? And yet you look anyways	With hope.	Reaching out and working on myself.
2022-06-05T22:32:55Z	Do you hide your feet under the covers?	Yes! But I'm not hiding them, I'm keeping them warm.	I play music. I read about it or journal about it.
2022-05-09T00:51:46Z	Are you fighting an uphill battle?	yeah lol	let urself feel !!!!
2022-06-19T20:56:56Z	What are you doing with your life?	Trying to figure out how to be happy	
2022-07-22T22:59:11Z	Does everything happen for a reason?	I'd like to think it does	I've suffered a few losses recently. I try to not mourn and remember them as they were. And remember that they'd make fun of me if they saw me a wreck lol
2022-07-10T22:59:51Z	Does everything happen for a reason?	Yes	Incessant weeping
2022-05-30T02:18:55Z	Have you cried your eyes out?	Yes	
2022-05-13T00:48:48Z	Does everything happen for a reason?	Yes? consequence	Long talks on the phone and walks in the sun.
2022-05-01T17:15:56Z	Are you fighting an uphill battle?	Little bit, both figuratively and literally	By leaning on my sisters, through ritual...through internalizing a lot of my feelings which I concede is probably a bad move

2022-05-02T23:34:29Z	Have you been surprised lately	Laughed and thought yes but I need more surprises in life and scanned the code.	Terribly. When dad passed I became a hermit but I'm handling it better now- I'm spending more time outside and doing things that I enjoy he would want that.	
2022-07-15T14:14:48Z	have you cried your eyes out	yes	i read	
2022-04-30T17:50:10Z	Does everything happen for a reason?	I think it does. Some things might be harder to experience and accept, but everything that happens will influence you to become the person you're meant to be. As the saying goes, it's either a lesson or a blessing.	I journal, cry it out, rant to friends, surround myself around love, take in my own space, and get involved in activities. The overall goal is to accept the grief for what it is and acknowledge a new life with that loss.	
2022-07-09T22:21:53Z	Text me back	I stole it		
2022-07-23T16:29:00Z	are you glued to a screen	tes	i remember that life is miserably beautiful and it's a tough gift that makes me smile but also vomit	
2022-06-04T22:30:22Z	Have you cried your eyes out?	Yes	Weed	
2022-05-23T17:54:00Z	Are you starved for a different climate?	Usually but today is a beautiful spring day in noho so... Not at the moment		
2022-05-16T21:16:38Z	Have you cried your eyes out?	Yes	I don't	
2022-07-14T18:26:45Z	Are you fighting an uphill battle?	Yes	I try to take things one step at a time and keep a calm and positive attitude.	
2022-04-18T23:36:52Z	Are you fighting an uphill battle?	Aren't we all?	Crying. Connecting with others. Connecting with spirit. Reading, writing, swimming	
2022-06-12T16:15:13Z	Do you cover your feet under the covers	Sure		
2022-06-24T03:55:17Z	What's the difference between a healing mechanism and a coping mechanism?	If you're using it to ultimately spur growth, it's healing. If it's keeping you stuck, you're coping. And sometimes just coping is okay.	Move my body in nature with my dogs.* Take my medicine.* Stay in touch with loved ones.* *even when I don't want to	
2022-05-06T12:50:41Z	Have you cried your eyes out?	Yes	Poorly	
2022-06-26T01:30:06Z	Does the boy you cried about silently watch your stories?	Yeah :/	Try to sit with it and let myself feel, and remind myself that I am strong enough to make it to the happy stuff after it.	
2022-05-14T15:12:44Z	Why did you take so much? Force of bad habits.	Looking ahead and not back		
2022-06-11T23:02:12Z	did you reconnect w a lover?	i have - usually goes fine. age does great things	i don't. i just keep going and hope that the layers of experience are enough	
2022-05-04T02:16:12Z	Have you cried your eyes out	Yes	Not sure	
2022-06-24T20:20:28Z	Does everything happen for a reason	I think this universe is very complicated and many of the things that happen have very little explanation. There are reasons just maybe not ones we understand		
2022-07-09T23:47:57Z	Are you hurting?	I was, now I'm doing better.	I bottle it up until I physically cannot anymore. Trying to learn how to be okay with feeling it when it happens & not pushing it away until it haunts me longer than it needs to.	
2022-07-04T00:36:04Z	Have you been surprised lately?	Yes, I set up high expectations for my loved ones and when they disappoint me, I get surprised because I wasn't expecting that...	I see grief as an ocean, and that it comes in waves. Some days will be better than others. And I just let the waves come as they are. I don't suppress the waves. I just live in acknowledge my feelings... And overtime, it does get better.	
2022-07-09T01:11:27Z	What's the difference between a heating and a coping mechanism?	One works and ones a temporary fix.	Listening to others	
2022-05-01T21:06:55Z	Does everything happen for a reason?	No	Alcohol	

2022-04-29T15:15:05Z	does everything happen for a reason?	id like to know	
2022-04-29T00:42:44Z	Are you hurting?	No	Move
2022-05-27T01:47:57Z	Does everything happen for a reason?	No	Meditate and make art.
2022-06-25T16:03:05Z	Have you cried your eyes out?	Not yet	Slowly
2022-04-30T19:48:08Z	Are you fighting an uphill battle?	Not right now! Enjoying the view.	Family is everything :)
2022-06-06T19:48:43Z	Does everything happen for a reason	It figures on what it is and how it works	
2022-07-07T18:49:01Z	Did you miss a deadline? Will you remember in 5 years	No i didnt miss a deadline	Drugs
2022-06-17T11:51:14Z	Have you cried your eyes out	Yes, often	When my grandmother died I took a poem that reminded me of her and read aloud until I stopped crying, forcing myself to face how I felt head on. I still have that poem memorized.
2022-04-16T15:38:33Z	when did you last clear your mind?	yesterday	i havent really ever had to yet so i dont know
2022-04-29T19:09:32Z	Does the boy you cried about suddenly watch your stories?	No	I wait it out
2022-06-19T23:14:00Z	Have you cried your eyes out	Yes	
2022-05-20T20:00:02Z	does it inspire anxiet yet you lok anymways	yes	idk
2022-06-25T03:15:19Z	Have you cried your eyes out?	Yes.	By letting myself feel what I need to feel completely.
2022-04-19T17:44:56Z	Did you miss a deadline? Will you remember in five years?	Haven't missed a deadline lately	Folding in on myself
2022-05-13T02:04:12Z	Does everything happen for a reason	No	Cry
2022-07-07T00:51:09Z	Have you cried your eyes out?	Absolutely.	I generally spend hours on end thinking... I try and let thoughts take me away. If they don't, I go to short stories. Ray Bradbury? Kurt Vonnegut? Those are the best.
2022-07-15T19:15:30Z	have you cried your eyes out	me too. sos	
2022-07-01T22:58:25Z	What are you doing with your life?	"This drawing looks like our dog"	I make art about it
2022-06-30T18:17:22Z	When did you last clear your mind?	Every day	Cry, workout, smoke weed
2022-05-26T21:00:31Z	Does everything happen for a reason?	No, there's no bigger picture, but you have to act like there is it you look like an asshole.	Reading and writing down three things I'm grateful for everyday.
2022-05-05T14:15:33Z	Have you been hurt?	Yes	By talking to friends
2022-05-10T00:59:36Z	When did you last clear your mind?	I am doing it right now	
2022-05-01T21:54:53Z	do you hide your feet under the covers?	yes	sex
2022-04-23T21:11:45Z	Have you been hurt	Yes	Weed
2022-05-31T11:06:07Z	Are you strained with inspiration?	I am not, my life is beautiful in its own way and inspires me through music	Cope with grief just as grief passes, in stages. Take a shit, eat Food, smoke Weed, watch TV, get Sleep,
2022-07-11T12:16:56Z	When did you last clear your mind?	Yesterday actually. I went to a sound bath and breath work workshop.	I try to be really kind to myself and write everything down. Surrounding myself with friends and people that love me!
2022-06-06T16:09:37Z	Are you fighting an uphill battle?	Sometimes yes sometimes no. Right now it feels like a no but it's probably a secret yes	Probably medication, drugs, friendship
2022-06-03T19:14:39Z	Have you cried your eyes out?	Yes just yesterday.	Talk to the people I love, especially my mom, who is still my best friend and always there for me, even though I'm independent

2022-05-12T18:02:52Z	Does everything happen for a reason?	I don't think so, I believe in happenstance and coincidences		
2022-05-23T22:34:24Z	Have you been surprised lately?	Yup	Video games	
2022-05-25T00:24:25Z	Does the boy you cried about silently watch your stories	I have no idea	I'm a hospice nurse. Sometimes someone's death hits home and is so painful to me, I cry. Other times I'm relieved for them and I just fell good for them. Sometimes they've had such a good long life ,it's kind of a celebration	
2022-04-25T12:25:48Z	Have you been surprised lately	No		
2022-05-03T14:55:22Z	does everything happen for a reason?	i used to believe in fate, but i don't anymore. coincidences are fun, but there aren't any patterns, and that is freeing.	i don't know. when i was sick, i used to lay still in bed and listen to podcasts because i was afraid of hearing my own thoughts. i'm healthier now---these days, i just eat sweets.	
2022-06-08T22:24:36Z	does everything happen for a reason?	absolutely		
2022-05-13T19:09:50Z	Maybe	Pushing it all down	I dont	
2022-05-23T17:21:38Z	Did you also cry your eyes out?	Yes	Active processing through reading books and listening to podcasts on grief, consistently working out, leaning on friends, taking breaks when I need to, staying busy	
2022-04-29T23:05:27Z	Are you fighting an uphill battle?	Yes	I cry a lot then lock it away	
2022-06-15T21:37:30Z	Is it trauma or is it growing pains	Trauma, deff	I sleep. A lot.	
2022-05-13T19:10:47Z	Are you hurting?	Maybe, nor right now	I haven't	
2022-06-09T22:55:20Z	Are you starved for inspiration?	Nah	Laughter, usually.	
2022-06-14T19:08:45Z	Do you catch my drift?	Not really	I guess I just try to remember the good times and not let it drag me down to often	
2022-06-07T18:22:03Z	Does everything happen for a reason?	Yes it does, cause and affect. Theres a purpose for purpose for everything even when standing still.	I take my space and create something meaningful such as art. Then I share it with the world.	
2022-05-03T19:18:35Z	Are you fighting an uphill battle?	Some days	Humor	
2022-06-02T22:43:16Z	Does everything happen for a reason?	No	Badly, if I'm honest. After my grandmother died, I stressed that every time I saw family who lived far away would be the last time and that I wasn't making the most of the time we had	
2022-06-05T00:12:17Z	Does the boy you cried about silently watch your stories?	laughter and curiosity	Therapy, painting, calling my mom and sister a lot. Crying, walking, thinking. This question made me scared for the next grief I will have to cope with - I should work on that... :)	
2022-05-31T23:41:47Z	Have you cried your eyes out?	Eh once or twice	Experimenting with the concepts of life after death and just really what it all means to us on an indica	
2022-06-03T20:00:11Z	Do the things in life matter	Yes	Listen to good music	
2022-06-04T19:24:35Z	Did you miss a deadline? Will you remember in five years?	Probably not	Day to day. There's no timeline.	
2022-06-17T22:39:31Z	DID YOU MISS DEADLINE?	Yes	I don't know how to cope with grief very well o have only lost one person and it was when I was younger	
2022-06-04T09:41:21Z	Does everything happen for a reason?	No!!!	Time, but also support from friends and family.	

2022-07-17T14:10:11Z	Can we all agree that America is a service based, tourism economy?	Seems like a rhetorical question, but I agree that the image of America cultivated by politicians and nationalists is a facade.	I stay busy so I don't have time to fixate on it.	
2022-06-30T20:23:09Z	Does everything happen for a reason?	No, but you can find reason and meaning in the good and unfortunate things that happen to you	Being in silence to accept the truth of the consequences. That's is the hardest part. Then, I need a community.	
2022-06-24T12:13:37Z	Nothing	Kept running	Keep running	
2022-05-04T23:26:49Z	Does everything happen for a reason?	No		
2022-04-21T17:52:55Z	Do you hide your feet under the covers?	Yes	Cry	
2022-04-28T18:44:11Z	When did you last clear your mind?	Last time I was at the beach and just listened to the waves	My dad died when I was 8, and I've been trying to figure out how to cope with it ever since. Talking, writing, and drawing helps	
2022-05-23T19:37:31Z	Did you reconnect with a lover? was it a mistake?	yes, that is all i do. fall in love (infatuation) come back to them some time later with a new perspective	I don't cope with grief...	
2022-06-22T12:32:55Z	Were you mean?	Yes, probably	Not well! I usually ignore it until months down the line, when I'm like oh damn. This hurts.	
2022-06-21T17:21:48Z	are you fighting an uphill battle	i had 3 periods in one month	i dont	
2022-05-29T22:18:08Z	did you miss a deadline	yes	distraction	
2022-07-02T15:14:34Z	Are you in the thick of it?	No, currently I am not. I have just settled here and feel at peace in my life for the first time in a long time. Very thankful because prior to this, I was in the thick of it. Thankful for my family, significant other, and friends.	I ignore it lol	
2022-05-15T21:05:12Z	Does everything happen for a reason?	No	I	
2022-05-09T00:02:36Z	When was the last time you cleared your mind?	That evening on our walk after a draining mother's day	I start by getting up in the morning, going about my daily routine and putting one foot in front of the other. I know those I have lost are only wishing for me to succeed. To honor their memory I do what they would have done, and live.	
2022-05-18T23:14:23Z	did the boy you cry about silently watch ur stories	yes	laugh about it	
2022-06-27T23:47:46Z	have you cried your eyes out	yeah	i move my body, lay down and relax, journal sometimes, talk about it	
2022-05-22T15:12:30Z	does everything happen for a reason?	There is always a reason for something. Even if its a small or big change, a good or bad change there is always a reason	i act like whoever is gone is still there in a way	
2022-04-25T13:30:41Z	Are You fighting an uphill battle?	There are so many fatal flaws in our reality, and we have so little time and power to fix them.	Reading, exercise,Focusing on the people we love	
2022-05-01T14:57:47Z	Are you fighting an uphill battle	Daily with anxiety	By surrounding myself with friends and family	
2022-07-13T00:18:29Z	Do you pay too much attention to others?	Yes, sometimes I do!		
2022-05-24T15:50:19Z	Have you been surprised lately	Yes	I am numb	
2022-06-13T16:38:48Z	does everything happen for a reason	sometimes. sometimes things happen and it leads to something great. and sometimes things happen that just did not need to happen the way they did	i write songs and cry	
2022-07-24T02:08:33Z	Does he think you're a person or a woman? Or even worse, does he think there's a difference? Do you?	This is the weirdest part about interacting with men. I hate being treated like a lady. One of the fundamental truths of the universe: a woman is just a type of guy.	Try not to think about it.	

2022-05-26T20:15:03Z	Does the boy you cried about silently watch your stories?	No. Im not into boys.	I draw and sometimes take my mind off of it if i can	
2022-05-19T19:28:22Z	Are you fighting an uphill battle	Yes I am fighting an uphill battle	MUSIC.	
2022-06-08T17:53:23Z	Have you lost a loved one	Yes	Pokémon go	
2022-04-19T05:25:16Z	Did you miss a deadline	ldk	Laugh	
2022-05-30T13:52:11Z	Don't you have enough? Why did you take so many?	Flowers are dope.		
2022-04-23T21:35:33Z	When did you last clear your mind	Yesterday	Broke my first chair on purpose	
2022-07-05T21:26:50Z	Does everything happen for a reason?	Person 1: not everything, but yes. Person 2: nah	Weed + regular therapy + coping skills + retail therapy + cats + treating yourself	
2022-06-11T19:00:03Z	Does the boy you cried about silently watch your stories?	Yes, he does	wait for time to pass me by as i avoid everyone who reminds me of hurt	
2022-05-20T00:33:27Z	Have you been suprised recently?	No	Cry	
2022-05-27T00:24:16Z	Something like, do you cry when your old boyfriend looks at your photos? I don't remember exactly	Uh, yes	I fall to pieces, try to survive day by day with junk food and cigarettes, try to center myself with hobbies and exercise, and it only sort of works, go through all the stages of grief in a day, hour, or minute, read books on surviving grief and loss, read books on buddhism and meditation, cry a lot, feel lost a lot, reach out to people to make to friends, talk to old friends and family a lot, try to see what of myself survives in the ashes of my old life.	
2022-05-08T11:47:23Z	Does everything happen for a reason?	No	I am sad and give myself time to grieve and then look for happy signs	
2022-05-26T20:51:37Z	Did you miss a deadline	Yeah	I kinda don't. I drown it in other feelings and stimuli so I can pretend it's not there. My therapist has a lot to say about that	
2022-04-30T22:37:49Z	Does everything happen for a reason	No	I cry a little and get on with my silly little feelings	
2022-05-29T21:13:39Z	Dose everything happen for a reason	Yes	You dont	
2022-05-01T21:34:08Z	Are you fighting an uphill battle?	No		
2022-05-08T11:46:05Z	Does everything happen for a reason	No.		
2022-06-21T17:12:58Z	Did you reconnect with a former lover? Was it a mistake?	After a year and a half of trying again, we moved in together. A block away from this poster.	Finding the small ways to smile until the box is so big the ping pong ball doesn't hit the button any more.	
2022-05-21T22:20:50Z	None	Na	I make weird humor out of grief to cope and make it relatable. Lovely meeting you	
2022-05-28T18:54:44Z	When did you last clear your mind	This morning	With patience	
2022-05-02T22:56:23Z	Have you cried your eyes out?! Me too. SOS bring tissues	Yes, often!	Crying & letting go	
2022-05-01T11:36:27Z	Are you hurting	Yes sometimes	Spend time outdoors	
2022-06-29T21:58:16Z	have you balled your eyes out yet	duh	i dont	
2022-06-29T01:05:18Z	have you cried your eyes out?	yes	surround myself with people I love	
2022-06-05T18:27:26Z	Are you fighting sn uphill battle?	Yes	You just let it wash over you, around you, through you...	
2022-06-29T16:44:26Z	are you hurting?	yea	comfort tv and family support	
2022-07-14T15:08:33Z	Is it trauma or is it growing pains?	Definitely both, trauma can also sometimes lead to growth and I think they are oftentimes interconnected.		
2022-06-10T02:07:43Z	Where my butt crack ends	At the top of my butt crack	Anxiety	

2022-06-12T02:18:55Z	are you happy to be alive	yes i am happy to be alive	
2022-06-25T22:00:30Z	Have you been hurt	Yes	Sadly, alcoholism. And lots of walking.
2022-05-01T14:28:44Z	How long has it been since you cleared your mind?	Last weekend	
2022-07-24T02:05:37Z	Are you hurting?	A lil bit; I'm more anxious these days than anything. I'm struggling to control my negative emotions.	Just keep trucking I guess.
2022-05-01T21:10:59Z	Are you fighting an uphill battle?	Yeah	acceptance; support of friends and loved ones: Stoicism
2022-04-27T20:50:32Z	Have you been hurt	Yes	Yes I just get gud
2022-06-11T20:58:51Z	Are you hurting?	My feet hurt.	Just keep on living, moving forward. What else can you do?
2022-06-19T19:56:42Z	Does everything happen for a reason	No	I cry
2022-05-26T22:50:54Z	Do you hide your feet under the covers	No	Talk
2022-07-01T18:01:23Z	Have you ever cried your eyes out?	Yes	By distracting myself
2022-06-17T23:27:05Z	Did you miss a deadline? Will you remember it in 5 years?	No	
2022-06-23T18:54:48Z	What are you doing with your life?	I am seeking and making the most meaningful connections I can, trying to help make the planet a slightly better place through work on climate change, and loving the people around me.	Writing letters to someone I've lost has helped
2022-05-31T21:42:47Z	Is it trauma or is it growing pains?	Both because from trauma is what you grow from. Very versatile.	I cope with grief by doing what I love and challenging my perspectives
2022-04-26T21:41:58Z	Are you hurting?	A little	I laugh
2022-06-13T22:34:38Z	Does everything happen for a reason?	Yes	Through love, time, healing, and slow acceptance.
2022-05-27T00:35:52Z	Does everything happen for a reason?	I'm not sure if everything happens for a reason, but I know I believe that certain people are meant to be in your life.	one must wait a long time.
2022-06-30T22:12:47Z	Have you cried your eyes out	I've cried a little bit yes.	I avoid feeling it - but then I break down :)
2022-06-30T15:43:06Z	Are you ashamed? How are you going to move forward? And what's on the horizon?	I feel a national shame at the moment, a grief for what we're losing as a country. I'm going to step up to take care of myself, my loved ones, and my community.	I think you just have to be really gentle with yourself and acknowledge it's one of the hardest emotions to be with.
2022-05-13T19:02:18Z	are you fighting an uphill battle??	all of life really is an uphill battle, sometimes it's just really tough for no reason particularly when there are certain intrinsic and extrinsic expectations you feel like you need to meet. but it's also okay because you know what they say about going uphill, hopefully the view pays off!!	
2022-07-05T15:47:37Z	Does everything happen for a reason?	Absolutely. Meaning making helps	
2022-05-22T19:09:09Z	Does everything happen for a reason	Yes	Prayer
2022-07-11T17:42:02Z	Have you cried your eyes out?	Yes	Prayer
2022-05-14T17:00:17Z	When was the last time you cleared your mind	Idk	Crying/talking to myself about it
2022-07-07T04:46:16Z	Have you been surprise lately	Yes	
2022-05-06T13:57:02Z	does the boy you cried about silently watch your stories?	me too come laugh about it	smoke weed
2022-06-26T17:16:06Z	Why did you take so much	The flowers are so pretty	Laughter
2022-06-15T21:36:04Z	is it trauma or is it growing pains?	trauma	i don't know yet, but i'm working on getting there

2022-05-23T22:28:36Z	Have you cried your eyes out yet	Yes	I don't think about it, I suppress it
2022-04-30T17:52:44Z	Did you miss a deadline? Will you remember in 5 years?	Maybe? I honestly can't remember.	Go for a bike ride.
2022-05-29T23:44:50Z	is it trauma or is it growing pains	idk i peed a little ig	so like i really really enjoy [redacted], i think its really cool
2022-06-15T22:33:34Z	Have you cried your eyes out?	Not in a while.	A lot of times I stuff it down and then it comes up later when I'm dealing with something else.
2022-07-17T18:21:01Z	Have you been hurt	Yes	Reading books about grief to remind myself that my emotions - rage, anger, sadness, loneliness, regret - are experienced by many. That grief is a universal experience, which doesn't make it any less painful but helps to know we're not alone
2022-06-02T13:33:58Z	have you ever cried your eyes out	i did	i dont cry, like a man
2022-07-12T01:28:20Z	Are you hurting?	Perhaps	I eat a tub of ice cream and watch Bridget jones diary on repeat.
2022-06-03T19:13:54Z	Have you cried your eyes out?	I sure have	I think a good cry always helps. And remembering why you're here
2022-07-01T14:22:33Z	Is anyone else in the world getting really worried about climate change?	It's nice to not have snow in the winter but I know the Earth is gonna deplete in the next 20 years. So, I'm very concerned.	I identify my hurt and reason with my loss. But understand that I can't control fate and that's why we have memories.
2022-05-03T20:58:06Z	Am i fighting an uphill battle	Yes	Weed. Outside. Others if i can get them
2022-04-23T19:43:10Z	Have you been surprised lately?	Yes, by this poster	
2022-05-24T20:20:21Z	Are you feeling down?	Maybe a little	Repress, regret, forget
2022-04-21T06:35:54Z	When did you last clear your mind?	When I took a shit	Walks
2022-06-02T22:24:42Z	what gifts have animals given you / is it trauma or is it growing pains	companionship, safety, a shoulder to cry on, anxiety at times / it was trauma. i sometimes convince myself it was growing pains as i get older and start to forget. i dont think it was growing pains. i am positive it wasnt even if my surroundings tell me it was	i feel numb with grief. i have little experience with it, so when my first grief came to me in november it still hasnt registered. grief fills me with regret and shame
2022-07-12T22:51:23Z	Does everything happen for a reason?	I don't think so but I wish I did.	
2022-07-07T04:52:14Z	Idk it was ripped	:(
2022-05-09T00:51:58Z	Are you fighting an uphill battle?	It feels like it sometimes	Internally mostly, but trying to ask for more help.
2022-05-14T00:02:31Z	Are you fighting an uphill battle	Yes	I listen to music and I go outside and to the beach for walks. And sometimes I draw
2022-06-25T23:37:49Z	Are you fighting an uphill battle?	No	
2022-05-08T15:16:21Z	Have you been surprised lately?	No	
2022-05-26T21:02:02Z	Does he think you're a person or a woman? Or even worse, does he think there's a difference? Do you?	I don't know what he thinks. But there is no difference between a "person" and a "woman". We're all human beings.	Marijuana, music and books
2022-05-14T18:35:20Z	Are you fighting an uphill battle	Yes but it's not as steep as it used to be	I surround myself with things that bring me happiness. It doesn't make it go away but it helps
2022-05-10T01:23:16Z	Have you cried your eyes out?	No	
2022-05-18T02:45:18Z	How does growth even happen?. I just hope I'm using the right pot.	When you have to change	I share it with friends and family.
2022-05-06T23:04:54Z	to laugh about it	I did the qr code	cry about it lmao

2022-05-28T14:26:32Z	Does everything happen for a reason?	If by "reason" the meaning is that there is some kind of plan or grander scheme causing events, then I would say no. I do think there is a cause and effect type of "reason" that everything happens. The reason the wind blows is because of solar radiation; the reason a person may do something horrible is due to past trauma; etc.	I have been lucky to have not yet experienced true grief. I don't know how I'll deal with it other than trying to accept it.	
2022-06-25T02:21:46Z	Dont you have enough? Why did you take so much?	I don't know some people are fucking annoying so i try and drain them of everything they know and love. it's what they fucking deserve.	i dont. you grow stronger than the pain but it never goes away, you work around it.	
2022-06-11T01:06:38Z	Have you cried your eyes out?	I don't have eyes anymore.	Distraction is a coping mechanism.	
2022-06-16T21:40:16Z	Are you glued to your screen	Yes including now	Community	
2022-07-14T14:58:53Z	Is it trauma or is it growing pains	Both	Lots of therapy and isolated reflection	
2022-05-14T01:36:46Z	How do animals bring you joy?	Their wagging tails!	Walk outside and remember there are other centers of the universe.	
2022-05-06T14:04:12Z	Clear mind	By walking	By eating well and getting sleep	
2022-04-30T21:05:05Z	Does everything happen for a reason?	Yes	Bottle it in inside and deal with it later in unexpected ways.	
2022-05-16T13:22:46Z	Have you been surprised lately?	No	Not well	
2022-05-30T23:50:09Z	Is it trauma or growing pains? What's the difference? Who was measuring?	Trauma— because the way you operate when you're experiencing pain which corresponds to how you navigate it but the trauma is the overall experience and how it affects you.	Meditation & time	
2022-07-10T03:50:07Z	Have you cried your eyes out?	Every day would not be enough	I was born in 1992. All I've ever known was grief for a dying planet; grief for wars in which I was complicit by the age of 10. All I have left is that the core of grief is love. I hope my heart breaks every day forever if it means it never hardens.	
2022-06-22T18:52:56Z	what's the difference between a coping mechanism and a healing mechanism?	A coping mechanism lets you hide. A healing mechanism gives you refuge to face the issue.		
2022-05-13T18:54:28Z	Do you hide your feet under the covers?	Yes		
2022-04-22T23:09:15Z	Did you miss the deadline?	I don't know DID !!?		
2022-07-22T23:22:27Z	Do you listen to the same music over and over? Are you stuck in a loop?	I do but I try my best to explore	Periodically wallow and mostly try to distract myself	
2022-05-08T22:35:07Z	Do you hide your feet under the covers	Yes	I don't	
2022-04-26T19:17:10Z	Have you cried your eyes out?	Your cock my ass	Menstrual cycle	
2022-06-10T03:09:07Z	How do you cope with grief?	I ask my friends with great senses of humour for their company. They often have the bet words of wisdom to share!		
2022-06-23T20:57:23Z	Does everything happen for a reason?	Not always, but I believe most bad things provide some sort of silver lining that won't always be easy to interpret	Try to be intentional about surrounding myself with people and things that bring me joy	
2022-05-28T19:17:50Z	Does he think you're a person or a woman? Or even worse, does he think there's a difference? Do you?	A woman		
2022-04-25T18:11:47Z	Does the boy you cried about silently still watch your stories?	I wouldn't know I blocked him	Long walks, time alone, and time with friends	

2022-06-05T15:21:29Z	Does everything happen for a reason?	Absolutely not, but it helps to think so	Move the body, leave the house, have new sensory experiences	
2022-05-06T11:46:43Z	do you hide your feet under the covers	yes	I accept mortality with what it is. Obviously it's going to hurt and the emptiness will linger and still does. Our hearts are fragile, but it's not going anywhere. So the only thing we can do is accept grief and continue living with that burden as a part of us.	
2022-04-15T17:19:48Z	do you hide your feet under the covers?	no	play games	
2022-05-08T17:25:22Z	Hsudjcn	Djddndn		
2022-06-11T01:52:56Z	To what end	I don't know	I don't know	
2022-07-22T23:00:47Z	Have you cried your eyes out?	Yes.	Crying over sad tiktoks and taking a picture of it under the tag "sobbing and crying".	
2022-06-29T06:15:17Z	IS "BEING OF SERVICE" ALL I HAVE TO OFFER?	Gf46h		
2022-06-28T21:47:44Z	Have you been hurt?	Who hasn't?	Therapy, crying, and video games	
2022-07-04T13:41:52Z	Are you hurting?	I'm only hurting as much as I allow the experiences in my life to be perceived as obstacles	Lean into it. It's not pretty and it's rough. There's a lot of feelings we aren't sure how to process. But that in itself is an essential learning tool about yourself. It's okay to grieve. Find your support and take it slow. Healing happens are different speeds for all of us	
2022-06-17T00:46:37Z	have you cried your eyes out	yes	saddd	
2022-05-21T20:06:26Z	Did the boy you cried about silently watch your stories?	Yes		
2022-06-14T18:13:48Z	Does power still seem attractive?	No	Reading novels about bigger grief	
2022-07-14T16:15:01Z	Have you cried your eyes out?	Yes, many times	I give my dog love and call my dad	
2022-05-08T16:41:35Z	Do I like a good cry	Absolutely	I eat a lot	
2022-05-05T19:30:45Z	Did you miss a deadline?	No	I never had to	
2022-07-06T22:18:08Z	Do you liste to the same music? Are you stuck in a loop?	Yes, I would like to get out.	Focusing on other things.	
2022-05-23T09:41:22Z	What is the difference between a healing mechanism and a coping mechanism.	A healing mechanism brings understanding while a coping mechanism numbs pain.	You allow time to dull the sense of loss.	
2022-07-06T22:43:33Z	Are you fighting an uphill battle?	Yes, I am so I'm going for a hot girl walk	Cry, listen to BTS, therapy, call friends, walk in the rain and cry hard so no one suspects anything	
2022-06-11T01:20:19Z	Does everything happen for a reason?	No, but reasons come after - we make them to make sense of things	I love my friends	
2022-05-31T20:40:11Z	When did you last clear your mind?	Every time i lose myself in the pit at a thrashpunk show	i speak to my close friends about our memories and dreams	
2022-07-11T17:57:43Z	Do you feel like a compulsive witness	Yes	Difficult to really process. I've typically seen family members' deaths coming (illness—my aunt had cancer, grandparents had alzheimers) so theyre actual deaths felt expected. Grieving process was kind of quick—felt like I was never really over it	
2022-06-07T19:18:48Z	does everything happen for a reason?	yes, i think so. it might not always make sense but i think you can map out why things happened and why they lead you where they do.	i think a lot but i dont think i am ever good at healing, just rationalizing and understanding	
2022-07-02T16:07:53Z	have you cried your eyes out?	yes many times	listen to sad music and talk to friends	
2022-07-02T03:49:52Z	Does power still seem attractive?	I don't think I have often sought to wield it myself	It passes liike a kidney stone. But it always passes and I can endure it.	

2022-06-15T22:58:27Z	When did you last clear your mind?	I can't remember	Bottle it up inside	
2022-05-31T21:40:10Z	are you fighting an uphill battle?	I'm walking down from the summit for now		
2022-06-18T17:13:22Z	Does everything happen for a reason?	Yes, aside from bad things done purposefully by humans.	Talking, but also I don't	
2022-07-04T22:30:29Z	Have you cried your eyes out?	Who hasn't	Support systems.	
2022-05-06T00:56:08Z	Does everything happen for a reason?	Absolutely cause no matter what the situation is , every action has a reaction and even though we might not see it doesn't mean nothing is happening in the background.	To cope with grief is something you really never can prepare for even though in some situations you know it's coming, but at the end of the day just know that your not able to control everything and to be grateful for each day and to be positive to every person you in counter in your life.	
2022-05-26T16:46:32Z	Have you cried your eyes out	I have not		
2022-07-21T21:27:46Z	Are you fighting an uphill battle?	All the time	Let it come and wash over you until it passes.	
2022-05-12T22:25:42Z	Are you hurting?	Sometimes	I keep crying. I can do whatever I need to do while crying.	
2022-07-04T02:08:34Z	When did you last clear your mind	Today	Stay alone and reflect	
2022-05-17T15:23:08Z	When did you last clear your mind?	Last summer	I lay low, give myself a lot of space, indulge in things that I like to whatever degree I can. Let myself be pulled out to do something	
2022-06-03T22:58:16Z	Have you been surprised lately?	I don't really remember	One day at a time I just try to be present and hold on to the good memories	
2022-06-24T10:46:58Z	is anyone else getting really worried about climate change	Yeah. I'm from Alaska (on on vacation) and last week it rained, snowed, was too hot outside, hailed, and had a small wind storm all in 24 hours. what is going on	Idk i've never had to before.	
2022-07-01T23:31:14Z	Have you cried your eyes out	Yes	Talk to my love	
2022-05-03T16:24:25Z	Does everything happen for a reason?	No, life is sometimes random and absurd and we just have to learn to live with that.	Cry in the shower, hug friends, and watch Harry Potter and the sorcerer's stone on repeat.	
2022-06-06T23:06:26Z	When did you last clear your mind?	In the process of it as I type.		
2022-05-30T18:44:50Z	Does everything happen for a reason	No. Many things are just random chaos of the universe. But isn't that a nice thought? That we both have no control and yet all the control possible?	As someone who is currently experiencing grief I think the way the Jewish faith handles grief is best. Public grieving is so necessary. Nothing feels worse than having to pretend you're alright when you are not.	
2022-07-01T16:30:12Z	Is being of service all i have to offer	Possibly	Detach	
2022-07-24T05:34:47Z	Penis	Bigger penis	I don't	
2022-06-09T21:01:46Z	Did you reconnect with a lover? Was it a mistake?	I was literally on the phone with a ex-lover when I found the poster, and we were discussing a tattoo he wants to get of a drawing I made of an eyeball with the words "eyes wide shut" which describe an aspect of our relationship. We are currently trying to figure out if reconnecting now is a mistake. Spooky timing to find the poster.	Music, dance, friends, family, food, weed, time	
2022-05-24T21:28:09Z	Have you been surprised lately?	I have not been surprised lately :(Not well...but I'm getting better. I write music about it. I work with a therapist and find support among friends and family.	
2022-04-27T20:57:59Z	Did you miss a deadline	Many but it's fine	I get guuuder	
2022-06-03T22:02:41Z	Does everything happen for a reason	Yes	I cry. A lot. And eat chocolate	
2022-05-16T18:29:25Z	Do you hide your feet under your covers?	Yes od course any sane person would		

2022-06-12T21:32:01Z	Does everything happen for a reason?	of course:)	
2022-07-03T19:20:24Z	Did you miss a deadline?	Yes, all the time, it's hard to deal with time restrictions	I bottle up my grief and pretend it's not there and it usually ends up going south
2022-06-18T01:21:19Z	Is anyone else getting really worried about climate change?	Uh, yeah?	Walks, weed, music, nature
2022-07-07T22:17:05Z	Are you stuck in a loop?	Isn't everyone?	I go numb
2022-05-01T23:02:22Z	Have you cried your eyes out?	Yes	I cry, I talk to my loved ones and let myself feel sad
2022-05-01T12:30:51Z	To appreciate someone gluing a piece of paper to a stone trail marker	Good grief don't do this	
2022-04-24T22:05:41Z	Have you been surprised lately?	Kinda, but nothing fun	Anger and rage
2022-04-28T18:38:46Z	Are you fighting an uphill battle?	Isn't everyone?	Enjoying spending time with myself. Spending time with my husband. Playing video games.
2022-07-08T17:40:01Z	Are you hurting?	yes, but it's not all consuming.	I remember the good and bad memories, because what I perceived as bad are actually moments our relationship grew and improved as I grew up.
2022-04-28T23:45:03Z	Did you miss a deadline	No	Food and lying down during the day.
2022-05-12T22:32:27Z	Are you fighting an uphill battle	Yes, that is life	Working towards something new.
2022-05-06T16:56:02Z	Have you cried your eyes out?	no	I don't
2022-07-09T22:07:48Z	Anyone else getting really wore about climate change?	Yes, me, it's consuming.	Not well tbh, compartmentalization. Friends and loved ones are everything.
2022-07-16T21:51:15Z	Have you been hurt? Everything happens for a reason.	Haven't we all? Aren't we born with and into great violence?	Wear it. Swear at it. Hug it, tighter now. Flush it. Carry it. Staple it to something on wheels and push it down a hill.
2022-07-08T15:22:31Z	Does everything happen for a reason?	No	
2022-06-27T23:47:07Z	Have you cried your eyes out	Yes but not yet today	Weed and surrounding myself with found family
2022-06-18T19:50:38Z	Are you fighting an uphill battle?	Not right now but everyone has	
2022-07-20T15:55:00Z	Have you ever cried your eyes out?	yes	
2022-05-23T20:40:58Z	are you fighting an uphill battle?	i don't think so	feel it, own it, chew it, swallow it, become one with it.
2022-07-16T19:17:02Z	Have you cried your eyes out	Yes	Eating
2022-06-05T23:26:13Z	Does everything happen for a reason	Yes it does even if it's silly stupid reasons or painful reasons.	I obsess myself with something else. To the point where now when I think about my last grief it's therapeutic and was a beautiful time of self discovery for me.
2022-06-24T02:58:59Z	Haven't you taken enough?	Not in the slightest	Cry once, move on, tell their story, drink
2022-06-26T03:56:10Z	Have you cried your eyes out?	Every night	
2022-04-30T17:29:04Z	Are you fighting an uphill battle?	I think it feels that way sometimes but I'm higher up on the mountain than i make myself out to be	I don't know. I've been very fortunate. I run away from unpleasant emotions. I bottle things up and they come out explosively when something is the last straw.
2022-06-22T23:20:44Z	Do you hide your feet under the covers?	Yes	I work and do allot of self reflection
2022-05-17T15:52:05Z	Have you cried your eyes out?	Yes!	By crying my eyes out, and holding it in until I can't take anymore and then explode
2022-04-26T21:55:12Z	ARE YOU HURTING?	yea	listen to music disassociate try to hangout with friends bottle things up listen to music

2022-06-16T13:02:24Z	Have you cried your eyes out?	I definitely have, and think everyone goes through it at least once in their life. Fortunately, I can't think of any recent occasion because I have learned to accept whatever happens that is out of my control, and accept that I've done my best. Life is difficult and unfair at times, but it's important not to hang onto the past too much, and be sure to live and grow in the present :))	I have not experienced heavy grief yet, but I fear I will in the future. Instead maybe I'll hope some stranger can benefit in some slightest way: when I was in middle school, I used to stress and worry so much over any type of test I did, especially if it was a large part of my grade. When the results came out, if I scored anything but an A, I would hate myself. Now in high school, I've spent more time realizing and doing my passion and what I love vs incessantly worrying about things in the past that I have no control over. Since then, I've had a clearer mindset and spend more of my energy outside of school, wanting to improve my abilities and expanding my horizons by trying new things :))	
2022-05-10T12:05:33Z	Did you miss a deadline	I don't know		
2022-04-18T17:52:27Z	When did you last clear your mind?	On a walk		
2022-07-13T23:46:47Z	tired of listening to the same boring music (or something like that)	i wonder what this could be	i dont know. exercise.	
2022-06-27T14:12:16Z	Do you hide your feet under the covers?	Hell no I get too hot	By creating	
2022-05-30T00:11:49Z	Does everything happen for a reason?	No, but we can find meaning in things if we want.	Feel it. Grieve. Keep feeling it until it diminishes.	
2022-05-02T22:18:26Z	does everything happen for a reason	no, i don't believe everything happens for a reason. However, I do believe that you can make a reason out of something that happened to you.	I cry and lean on the people around me.	
2022-05-09T21:22:01Z	Does everything happen for a reason?	I'm not sure but you can make meaning of things if you want to.	I try to mourn. Remember the good times and accept that the ending had to come. Did I grow from it? Would I do it again? What can I learn? Rest in the sadness for a bit but don't stay stuck	
2022-05-07T03:39:35Z	Have you cried your eyes out?	Me Too. SOS. Bring tissues.	Just suffer	
2022-06-05T13:33:03Z	Have you been surprised lately?	I was surprised to find mold in my apartment	Crying and baking	
2022-05-26T16:54:50Z	Do you hide your feet under the covers?	Yes ;,\$ uwu hehehe	I SCREAM	
2022-05-15T23:40:31Z	Did you catch my drift	Yes	Peanut butter I live for that shit	
2022-04-26T21:39:43Z	Did you miss a deadline? Will you remember in 5 years?	No to both	I avoid grief	
2022-06-03T00:44:16Z	Are you fighting an uphill battle?	I'm not fighting	I feel love for everyone I meet	
2022-06-22T12:30:33Z	Did you miss a deadline? Will you remember in five years?	No!		
2022-05-06T00:46:22Z	Are you hurting	My back	Copium	
2022-06-26T02:16:26Z	What is the difference between a healing mechanism and a coping mechanism?	If a healing mechanism works, one day you won't need it anymore. A coping mechanism just buries the pain to get you through the day.	Not the way I should. Tears. Withdrawing. Compartmentalization. Nostalgia. Breakdowns. Time.	
2022-07-05T15:42:05Z	Does everything happen for a reason?	Absolutely, I believe that. Meaning making helps me keep on keeping on.		
2022-05-07T20:51:02Z	Does the boy you cried about silently watch your stories?	Yes after we broke up he was still the first one to view my story even though we both hated each other.		
2022-07-17T23:45:57Z	Is "being of service" all I have to offer?	Yea I'm a follower of Jesus	Prayge	
2022-04-30T19:43:15Z	Does everything happen for a reason?	Yes		

2022-04-15T17:21:50Z	have you been hurt	yes		
2022-06-07T01:37:52Z	have you been hurt?	yes, countless times.	music. a lot of music. and exploring by myself.	
2022-05-01T21:56:36Z	have you been hurt?	si	nature	
2022-05-04T22:23:11Z	Do you hide your feet under the covers? Why? I don't bite.	I keep my feet under the covers simply because I like my room cold.	I grant myself more personal time, forgoing responsibilities occasionally. And then I hope it passes.	
2022-06-04T16:04:41Z	does the boy you cry about view your stories	yes he does	through journaling and meditation i recenter myself and find happiness within myself instead of someone else	
2022-06-21T00:13:23Z	I don't remember	N/a	I think about it until I can't think about it anymore.	
2022-06-28T22:04:02Z	Are you hurting?	Aren't we all?	Not well. We're all dying, our country is dying, and I can't cope with any of it.	
2022-06-17T22:43:01Z	DO YOU HIDE YOUR FEET UNDER THE COVERS?	Yes	I don't know how to	
2022-07-20T21:46:02Z	Will you remember missing a deadline in five years	No, unless it's attending the birth of my firstborn, or my marriage	As best as I can. I see loved ones, I process, I externalize, and one day it's there just a little less	
2022-05-05T16:50:08Z	are you fighting an uphill battle?	Yes.	crying	
2022-07-13T15:16:18Z	Are you in the thick of it? Do you feel like a compulsive witness?	Yes and YES! Almost every day.	Therapy, outdoors, journaling, music, people I love. Substances occasionally...	
2022-05-07T17:20:20Z	Does everything happen for a reason	No	Meditation and movement. Time with loved ones	
2022-05-25T18:28:02Z	Does he think you're a person? Or does he think you're a woman?	A person	By ignoring it	
2022-05-14T18:58:48Z	Did you miss a deadline?	No		
2022-06-16T21:16:04Z	Are you fighting an uphill battle?	Yes	I'm not sure that I do....	
2022-05-25T15:57:28Z	Do you hide your feet under the covers?	Yes	Honestly, not well. I don't have a way to healthily respond to and process emotions, especially grief. I wish it was easier.	
2022-06-28T01:43:30Z	What's the difference between a healing mechanism and a coping mechanism?	Healing mechanisms help soothe the hurt. Coping mechanisms just push the hurt away so you don't have to deal with it.	Crying, exercise, being alone with my thoughts, talking to my therapist	
2022-05-06T20:28:01Z	Have you bee surprised lately	No	Honestly usually self destructive methods like isolating myself in my room or smoking (or both) but I'm trying to get better about it and channel sadness into creativity or writing.	
2022-05-16T00:38:13Z	Does everything happen for a reason?	Hmm. Maybe. I think most things in my life do, or at least. I try to make everything that does happen to me mean something ultimately for the good. This belief gives me faith throughout the seasons of my life.	I have realized that it comes in cycles — peaks and valleys. When a peak comes, I sit with it the best I can. I might cry or be angry or feel whatever is being asked of me. It's hard to feel. I don't want to feel sad, especially over long periods of time but if I can be intentional about grieving for a period, I feel that I actually move through it faster. But sometimes the grief is too big to deal with, so I understand all the ways I and others are tempted to numb out: drugs, sex, tv etc. It's okay to do those things but if they end up hurting you or others more, it's best to come back to yourself and feel through it to open and clean out your heart. Love, Zia	
2022-05-10T04:01:25Z	Do you hide your feet beneath the sheets	Absolutely yet		

2022-06-19T19:39:10Z	To what end? When do I even want?	I don't know what it means	Think about it	
2022-04-27T20:58:25Z	Did you miss a deadline?	Not that I know of.	I eat and cry!	
2022-06-19T15:22:22Z	Do you hide your feet under the covers	Yes	Eat ice cream	
2022-06-12T00:40:13Z	Are you hurting?	I did not it was a poster.	I don't.	
2022-07-01T16:42:07Z	Have you been hurt?	No		
2022-07-16T20:50:59Z	Do you hide your feet under the covers	Yes	I watch Harry styles videos	
2022-07-21T01:20:43Z	have you cried your eyes out	yes!	i read! books have always been a way for me to find comfort and distraction when situations become too difficult to think about. my favorites are anything queer!	
2022-05-18T18:17:26Z	Do you hide your feet under the covers?	Yes when I am sleeping	I don't have gref	
2022-05-07T14:48:49Z	Do you hide your feet under the covers	Yes	Piss	
2022-06-29T19:21:32Z	When did all this begin?	It's always been like this.	Long walks, making time for myself to think	
2022-05-16T12:33:53Z	Have you been surprised lately?	Yes	Church, river, family	
2022-05-10T23:23:50Z	do you hide your feet under the covers?	not always, gets too hot and ghosts are cute :)	one day at a time until the bad days get farther and farther apart	
2022-04-28T15:25:40Z	Have you been surprised lately?	No		
2022-06-27T19:09:20Z	have you cried your eyes out?	not really	it gets quiet sometimes	
2022-07-11T22:34:52Z	When was the last time you cleared your mind	Not in a while	I never had to really deal with grief	
2022-06-07T22:32:35Z	Are you happy to be alive? Tell me what has you down my friend.	I don't know if I will ever be truly unconditionally loved		
2022-06-24T17:22:55Z	Did you reconnect with a lover? Was it a mistake?	Yes, and Yes.		
2022-04-30T00:19:00Z	Do you hide your feet under the covers?	Yes	I don't	
2022-05-22T21:12:41Z	Did you miss a deadline? Will you remember in 5 years?	Probably not, but I feel like shit now.	POORLY!	
2022-04-30T15:57:28Z	Are you fighting an uphill battle	Yes		
2022-06-24T23:52:37Z	Are you fighting an uphill battle?	It has its hills and valleys	Mindless distractions mainly	
2022-06-26T16:32:51Z	does the boy you cried about silently watch your stories	not anymore :/	I watch a lot of jersey shore and paint my feelings	
2022-05-09T23:43:13Z	Do you hide your feet under the covers	Yes	I don't even think about it, I cry every couple of weeks when I do think about it, I get wicked high	
2022-05-09T21:31:47Z	Have You ever been hurt?	Yes, and I tend to act like it never happened and put a fake smile because I've been told I have no problems	I like to shut down instead of opening up about how I feel	
2022-05-25T14:16:53Z	Have you been surprised lately?	Actually yes :)	Crying, exercise, meditation, talking w friends, and when necessary.... Shouting at the sky.	
2022-04-17T20:19:15Z	Did you miss a deadline	Yes		
2022-05-28T22:28:57Z	Does everything happen for a reason?	Not everything happens for a reason but you can learn and grow from every moment. and it's always worth choosing growth	Sharing their memory, visiting with friends, special memorializing moments	
2022-06-24T23:33:54Z	Do you listen to the same music over and over	Yes	Poorly :(
2022-04-30T18:10:33Z	Have you ever cried your eyes out	Yes	Try to root out the behaviors that brought about my grief (if it's my fault). I'm hurting now and ultimately this is just coping until time makes it hurt less	

2022-06-18T19:51:04Z	Are you fighting an uphill battle	Not right now but everyone does	
2022-04-28T17:49:11Z	do you hide your feet under the covers?	yes.	
2022-05-30T20:03:44Z	Does the boy you cry about silently watch your stories?	Um no?	I sit in my bed
2022-04-28T19:43:17Z	Have you cried your eyes out?	Yes	
2022-05-01T00:29:46Z	Have you been surprised lately	No	Laugh
2022-05-15T22:19:19Z	Did you miss a deadline	No I won't (probably)	
2022-05-14T22:22:12Z	Have you been surprised lately	Yea	I forget about it
2022-07-01T16:42:12Z	Have you been hurt?	Everything happens for a reason.	
2022-04-19T05:25:24Z	Idk	Idk	Laugh
2022-05-01T19:28:18Z	Does the boy you cry about silently watch your stories	No	Sleep
2022-06-23T00:33:50Z	have you cried your eyes out?	many times!!	cry and listen to music and go outside
2022-06-02T00:19:42Z	Does everything happen for a reason	Yes because we have our path even though it may change unexpectedly	i don't know how to but it's ok to cry and it's okay to not be okay for a while. as long as you take care of your self.
2022-06-22T16:58:15Z	Do you hide your feet under the covers?	Always	Honestly I just cycle through the first 6 Stages of Grief without ever coming to the 7th, "Acceptance." It's not a healthy way to be, but it's where I currently am in life.
2022-04-29T22:20:08Z	Do you hide your feet under the covers?	Sometimes	Getting out for a walk
2022-06-26T09:52:02Z	Have you been surprised lately	Less surprised and more confirmation of things I already knew	I respond to grief by crying and talking to folks if someone is available to listen
2022-06-16T13:10:19Z	What are you doing with your life?	Very little!	I recollect that the past no longer exists. The future, at least as we imagine it, doesn't really exist. They only have power over our experience when we place our minds in their control.
2022-05-20T07:20:44Z	Have you ever cried your eyes out	No	Drink
2022-05-13T21:53:17Z	What gift have animals given you?	Love	
2022-04-30T23:21:04Z	Does everything happen for a reason?	Yes, cause and effect is real. But fading the cause to a specific effect is like trying to capture the ghost in the machine. It all works, everything pieces together, but it's impossible to know what pieces fit where until they do.	When I think of grief, I think of people. People dying. I'm ashamed to say that I don't grieve over dead loved ones. I feel I should, but I don't. I grieve over lost love, lost items, and lost opportunity. I try to move on and appreciate that everything is transient. But whenever I feel grief over these things, it reminds me that I didn't shed a tear over my lost uncle, or my lost grandpa, or my lost great grandmother. So, how Do I process grief? Inconsistently, I suppose.
2022-06-11T18:11:42Z	Does the boy you cried about silently watch your stories?	Sure	Sex
2022-05-18T19:11:24Z	Have you been surprised lately	Yes	No I do not have greif
2022-07-17T01:10:14Z	Does everything happen for a reason?	I believe it is a great way to think about life however I don't think it's very accurate.	Magic Mushrooms
2022-05-30T02:13:31Z	Are you fighting an uphill battle?	No	I like to laugh. :)
2022-05-08T23:35:47Z	Are you fighting an uphill battle?	Today is a good day, but there's definitely days where this rings true.	
2022-05-23T17:22:17Z	Does everything happen for a reason?	Yeah, even if that reason really sucks	
2022-07-22T05:44:50Z	What happens to the weakest link	It holds it together for the time being	Addiction

2022-05-06T16:27:31Z	Have you been surprised lately	No	Punching bag	
2022-06-22T00:23:59Z	Were you mean	Fuck	Fuck it	
2022-04-16T18:36:50Z	Did you miss a deadline	No		
2022-07-14T19:59:49Z	what's the diff between healing and coping mechanism	healing helps future you and coping helps u now	crying, talking, isolating	
2022-06-13T23:28:56Z	Are you fighting an uphill battle?	I'm trying to get my finances in order	I try to see the positives, an fee my pain when it serves me.	
2022-07-02T20:03:48Z	The boy you seek about silently watch your stories	Idk		
2022-06-04T19:14:33Z	Do you hide your feet under the covers?	Sometimes	I cope with grief slowly, but it can be lovely seeing all the lovely things everywhere	
2022-05-04T18:43:45Z	Are you fighting an uphill battle?	Not all the time.	Humor.	
2022-05-03T20:17:30Z	Does everything happen for a reason	Yes, but sometimes the "reason" is random chance	I don't think I've ever experienced grief. I don't think I'll be very good at grieving but it is what it is	
2022-05-28T00:28:14Z	Why did you take so much	I don't know		
2022-05-01T18:06:47Z	Do you hide your feet under the covers	Yes	With song, stress-eating, and occasionally smoking weed	
2022-05-14T18:13:51Z	Did you miss a deadline? Will you remember in five years?	No	Spending time with loved ones.	
2022-04-27T20:56:06Z	Do you hide your feet under the covers	Yes I'm short	I get gudder	
2022-07-06T19:34:44Z	Are you fighting an uphill battle?	Some days it feels like it.	Honestly every day is different. The grief from losing my stepdad pretty suddenly - strikes differently each day, even a 1 1/2 years out. Some days I can focus on the good, honoring his memories and trying to live a life he'd be proud of —others it's just feeling the sadness and finding a way to carry on.	
2022-05-06T13:32:23Z	Are you fighting an uphill battle?	No. I'm sure everything will work out in the end. Whether it is the way I want it to work out is up for debate.	Gratefully, I haven't experienced a lot of grief in my life. In the times that I have I tend to close myself off, and sort through my emotions internally.	
2022-05-25T18:46:46Z	Does the boy toy cried about silently watch your stories	Yes	Idk	
2022-07-14T22:05:11Z	When did you last clear your mind?	I don't know that I've ever had a clear mind	Let other things fill my mind. Thinking = thought suppressant	
2022-06-15T00:14:41Z	Does power still seem attractive? Have you realized it's always temporary yet?	Yes and No and yes and no! Power seems like a nuisance and most of the time does not amount to much. At the same time I can't shake the feeling that any impact on a human life is powerful!	Whimsy and redirecting love to what I can find in the world. I don't think anything can be replaced. However everything has good in it. I think we forgive because there maybe isn't a better option, I imagine grief could be similar	
2022-07-13T23:58:07Z	have you cried your eyes out?	yes, but not recently. i think last time i felt that heavy was when my grandmother passed two years ago	honestly with the support of family and friends. i also find comfort in writing letters to who/what i am grieving. even if the letters are never read, it helps give me some closure.	
2022-07-16T12:03:59Z	Have you cried your eyes out?	I have	Until recently I bottled up all my emotions, but that is becoming destructive to me and those around me so I'm trying to work through it all	
2022-05-03T22:34:37Z	do you hide your feet under the covers	yes!	i dont	
2022-04-30T23:45:42Z	Have I been surprised lately?	Why no pants?	Huh?	

2022-05-19T15:15:00Z	When is the last time you cleared your mind?	This morning I took some time for slow deep breaths	I cope with grief and loss by seeking connection... with people, with nature, with the physical body, or spiritual entities and remembering that I also am impermanent.	
2022-06-15T20:21:58Z	Did someone hurt you	Yeah	Loving someone	
2022-05-06T23:07:18Z	Do you hide your feet under the covers?	No	I don't.	
2022-07-12T22:21:06Z	Have you been surprised lately	No	Thinking and alcohol	
2022-07-22T23:21:34Z	Do you listen to the same music over and over?	Sometimes I don't, but often do.		
2022-07-11T23:43:39Z	are you fighting an uphill battle?	yes		
2022-04-30T19:47:47Z	Are you fighting an uphill battle	Yes	Sharing my feelings and finding "signs" in my daily life	
2022-05-01T00:10:18Z	Are you fighting an uphill battle	Not anymore, I used to be struggling a lot with a constant battle form my own mental health. But now I'm doing better, I'm finnaly happy and enjoying the most of life now	With my friends, through spending time with people that would help me through life, through music and lyrics. And finnaly through video games and escaping reality	
2022-06-02T16:44:28Z	Does everything happen for a reason?	Yes	Reading	
2022-04-26T21:53:51Z	are you hurting?	yea		
2022-04-27T20:50:22Z	Have you been hurt?	Yes	I eat a lot	
2022-05-25T17:21:38Z	are you starved for inspiration	yes	i try not to think about it too much honestly. do not recommend it	
2022-05-11T13:36:53Z	are you happy to be alive	yes; for the first time in my live. yes.	um. i don't cope with grief well i just bottle it up till i cant	
2022-05-03T19:11:41Z	Does everything happen for a reason?	Yes but no. Yesn't	Poorly ;)	
2022-05-08T21:41:18Z	Does everything happen for a reason?	Yes	Grieving a lot	
2022-05-18T12:20:20Z	Does everything happen for a reason?	Not in a grand design kind of way, no. That's putting the cart before the horse. I'd rather make meaning from the things that happen.	Try to lean into it and power through it. When I'm out in the middle of the ocean I try like hell to swim to shore.	
2022-05-12T17:19:25Z	When did you last clear your mind?	I was on a walk to clear my mind which is why I was more attentive than usual and found this sign. Go figure.	I am sad for a while. Tears and the whole thing. Then I try to make sense of what happened and take a stab at why. Then I realize the world is just kinda absurd and doesn't actually make sense. And then I pray and find hope that something greater than me says there is a day where there won't be grief. And then I hope.	
2022-06-24T23:20:07Z	Are you fighting in an uphill battle	Yes	Try to find small things that make me happy	
2022-07-17T02:12:18Z	Are you hurting?	Not at the moment but some moments linger forever	I don't	
2022-05-11T22:31:53Z	How do you cope with grief?	Pasta		
2022-05-02T10:43:39Z	Have you been surprised lately?	Not nearly enough		
2022-05-22T02:15:29Z	Did you miss a deadline	Yes	Just taking it one day at a time, but also Rage from time to time. It works	
2022-06-23T14:10:02Z	Have you been hurt?	Simply put, yes. Many times.	I cope with grief by reliving the memories and reminiscing on the good.	
2022-06-14T19:43:14Z	Does the boy you cried about silently watch your stories?	No	I dont know	
2022-05-14T23:01:05Z	are you happy to be alive?	yes and no	uhhhhh weed babey!	
2022-05-04T23:25:02Z	Are you fighting an uphill battle?	Yeah		
2022-05-06T16:35:11Z	Does everything happen for a reason?	I guess that's how humans frame things to make sense of life	Just keep living every day for the hope that it won't always feel like this	
2022-05-29T19:40:33Z	Did you reconnect with a lover?	No	Communication and social support	

2022-06-15T00:27:21Z	Have you cried your eyes out?	Of course.		
2022-05-03T22:13:41Z	Did you miss the deadline? Will you remember it in five years?	No, I won't remember it in five years but I will remember the mean words I say to myself	How do you cope with grief? I have a grief journal where I can write letters to my aunt who has passed away	
2022-05-01T18:41:09Z	Did you ever miss a deadline?	Pfft lol yeah		
2022-05-05T18:51:05Z	Have you been surprised lately	Well this is rather niche but I made an exception for someone at work regarding deadlines and I thought it would be fine but I was surprised to see how many repercussions there were!! I thought no one would notice but I was surprised to find everyone noticed and that was my bad.		
2022-04-18T21:11:27Z	Does the boy you cried about still watch your stories	Yes lol	Self care and seeing my friends! Basically keeping busy	
2022-07-24T13:54:14Z	does power still seem attractive?	power is attractive in the capacity I can use it to better the lives of others	I struggle with emotional object permanence	
2022-05-01T01:34:18Z	Does everything happen for a reason?	If it helps to believe so then yes.	One day at a time.	
2022-07-16T01:35:01Z	Did you miss a deadline, will you remember in five years?	I miss deadlines all the time. And I will not remember	I cope with grief by thinking of fond memories of the one who has passed. And I think about how important they were to me, and what impact they had on me.	
2022-05-03T21:09:47Z	Have you been hurt?	Duh	Grief is something you learn to be gentle with. You will never truly deal with it	
2022-07-17T19:37:23Z	Don't you have enough? Why did you take so much?	I feel desperate to have and experience as much as I can before I die. My mom died when she was 50 and I've always felt like I'm living on borrowed time.	I alternate between dissociating and initing the pain in like pressing on a bruise.	
2022-07-15T20:06:59Z	Have you been hurt?	Could be worse.	Friends	
2022-05-08T05:52:34Z	Have you cried your eyes out	No		
2022-07-14T21:47:08Z	Anyone else getting really worried about climate change?	I hope that scientific advancements will overcome and minimize our degradation of the environment! We should conserve land	Spending time with others and working with my hands	
2022-05-31T14:03:58Z	Have you cried your eyes out?	Not in a week	Letting it out	
2022-06-12T21:57:36Z	Does the boy you cried about silently watch your stories?	HE DEFINITELY DOES!	I drink & smoke	
2022-06-17T17:10:46Z	If I was attached to screens	Yes, terribly	Shutting it out for some time, revisiting it later, wondering how it impacted my current person	
2022-05-28T22:58:16Z	does the boy you cried about silently watch your stories	lol yeah	repression	
2022-06-01T23:13:04Z	Am I worried about climate change	Hell yeah	Some days I'm sad, some days I don't think about it. But it's always lingering at the back of mind.	
2022-06-28T18:21:57Z	Are you starved for insperation	Yes		
2022-05-13T21:47:03Z	Does the boy you cry about silently watch your stories?	Spiritually yes	As Dorian Medley says, not well, bitch.	
2022-05-16T21:39:15Z	Do you hide your feet under the covers?	Nah, i couldn't care that much	I don't.	
2022-04-29T19:42:35Z	Have you ever been hurt?	Yes	I don't	
2022-06-18T16:56:35Z	It's the plastic of the ancient world!	Clay	I have clinical depression	
2022-06-30T23:19:10Z	do you listen to the same music over and over	Only when in depressed (im always depressed)	I cry. And once im done crying all the tears i can, i create something inspired by the grief. I put my grief into action.	
2022-04-17T11:08:45Z	have you been hurt	no	talk to someone	

2022-07-16T22:19:06Z	Do you hide your feet under the covers?	I don't like them exposed.	I cry and write songs.	
2022-04-27T20:56:22Z	Do you hide your feet under the covers?	Yes. I'm cold all the time.	I go cry. A lot.	
2022-05-18T21:34:53Z	Have you been surprised lately	Not really I wish	I let it go by crying or simply going for a walk	
2022-04-23T21:11:13Z	Have you been hurt?	Yes	You dont	
2022-04-30T17:51:34Z	Did you miss a deadline? Will you remember in five years?	My boss asked my to document a class curriculum for 400\$ and I kept forgetting to do it. I think it's okay.		
2022-05-01T22:16:59Z	Have you been surprised lately ?	Yes		
2022-07-01T17:55:59Z	Stuck in a loop? Same music over and over?	Half of the time. Def can relate.	Writing and playing guitar. Thinking about how lucky I am to be alive and available for new experiences. Things are tough sometimes, but I try to see opportunity in it all.	
2022-05-20T21:54:55Z	Feet	Feet	Feet	
2022-05-01T20:49:16Z	No	Feel it and move		
2022-05-21T00:54:14Z	Have you been surprised lately?	Yes, someone who is 16 got ENGAGED. I'm baffled to say the least.	I don't.	
2022-07-04T23:36:41Z	are you starved for inspiration	no	I don't	
2022-05-06T11:46:43Z	do you hide your feet under the covers	yes	I accept mortality with what it is. Obviously it's going to hurt and the emptiness will linger and still does. Our hearts are fragile, but it's not going anywhere. So the only thing we can do is accept grief and continue living with that burden as a part of us.	
2022-06-10T14:41:54Z	Have you ever cried your eyes out?	Yes. Many times. It's cathartic.	I would say time, meditation and forgiveness. But knowing that science says resilient people are more likely to have close family and friend connections, I have to add that having those connections makes all of the processing more possible.	
2022-04-17T13:35:47Z	Are you fighting an uphill battle?	I sure hope so	I remind myself there is nothing I can do now, and that grief is necessary for life.	
2022-04-23T21:35:23Z	When did you last clear your mind?	Never	You dont	
2022-06-11T20:58:58Z	Have you cried your eyes out	Yes I have	Go for a run. Or reflect on what I have learned.	
2022-04-21T18:52:01Z	Have you been surprised lately	Me neither. Come find me		
2022-05-25T00:15:38Z	Does everything happen for a reason	Absolutely		
2022-07-10T23:31:39Z	Have you been hurt	Yes		
2022-06-24T00:25:09Z	Are you happy to be alive?	Yes I'm happy to be alive, but not happy		
2022-05-17T19:23:51Z	Did you miss a deadline? Will you remember in five years?	I will open my eyes in the dark night years after it happened, staring at nothing and see the moment I remembered I forgot		
2022-05-09T17:08:38Z	Have you been surprised lately	I have. And not in a happy way. I lost someone close to me suddenly last week.		
2022-05-15T23:47:44Z	Does everything happen for a reason	No		
2022-05-14T19:49:45Z	DID YOU RECONNECT WITH A LOVE, was it a mistake?	Yea	Badly	
2022-07-16T23:58:02Z	Do you listen to the same music over and over? Are you stuck in a loop?	Most of the time	Smoke weed, cry, walk, or I don't	
2022-06-09T21:17:38Z	Did you miss a deadline? Will you remember in 5 years?	I did. A college deadline. Maybe I will remember, but maybe I will laugh.	Not the healthiest way, but I dissociate. I check out until I am able to process it in small doses.	

2022-06-19T23:48:06Z	Is it trauma or is it growing pains?	It depends if your bones hurt	I cry a lot and call everyone I've ever met in sequence until I fall asleep, everyday until I forget to keep doing it.
2022-05-16T22:36:35Z	Does everything happen for a reason?	yes	Time
2022-04-30T02:02:12Z	When last have you been surprised?	It's been a while	
2022-05-01T17:11:31Z	Are you fighting an uphill battle?	no am happy :)	Poorly
2022-05-08T21:19:06Z	When's the last time you've cleared your mind	Yikes I'm so alone	
2022-06-28T14:32:43Z	Have you been hurt	Yes	I smoke a shit ton of weed
2022-06-21T00:24:48Z	Yes	I sleep	
2022-05-03T15:55:11Z	Have you been hurt	Many times.	I still am grieving. How does one let go of a mothers murder, of a fathers abuse. I have to accept these things and ensure it doesn't hold me back. I just do the best I can to live for her every year and to let him go.
2022-07-02T16:08:41Z	Have you cried you eyes out.	Not recently	Depends on what the source of the grief is. Sometimes I just cry other times I read my book to escape. Or sometimes I dump my feelings onto my mom
2022-07-10T01:51:10Z	have you ever cried your eyes out	yes	i dont
2022-05-18T18:17:04Z	Do you hide your feet under the covers?	Yes when I'm sleeping	I don't have grief
2022-05-02T13:33:57Z	If I'm late on a deadline	I wasn't late! But I'm curious	Keeping life in the memories
2022-06-18T03:16:52Z	have you cried your eyes out?	yes	I don't, unfortunately. I should talk about it.
2022-05-23T14:44:40Z	Are you fighting an uphill battle?	damn skippy	Historically, I used drugs but being sober I'm not sure how to handle it
2022-05-15T16:13:09Z	Do you hide your feet under the covers?	Yes	
2022-05-20T21:18:05Z	Have you cried your eyes out?	All the time. It what keeps me and makes me feel alive	I cope with grief by accepting that there is nothing else that can happen now. Every other world where whatever happened happened isn't real and won't ever be. This sense of release of control is a blessing and a curse, and the river feels best when you let the current hold you and take you where you are destined to be.
2022-06-28T00:07:20Z	Do you hide your feet under the covers?	Always, but not because I'm scared, just because I'm cold	Im really struggling to cope with grief right now :(
2022-04-29T13:42:03Z	How many ghosts can a ghost ghost if a ghost could ghost ghosts?	He'd ghost all the ghosts a ghost ghost could ghost if a ghost ghost could ghost ghosts	Smoking hella weed
2022-06-28T23:25:52Z	Do you listen to the same songs over and over?	Yes. I found a few Australian Prog Rock bands 10 years ago and decided to never broaden my horizons. (Listen to Karnivool and Dead Letter Circus)	Crying, being alone, and playing lots of FPS games.
2022-07-02T18:54:54Z	What's the difference between a healing mechanism and a coping mechanism	I would say a coping mechanism is more akin to escapism while healing mechanisms are more beneficial to you as it helps you come to terms with certain things. Or maybe i'm bullshitting lolol	How do you cope with grief? lots of self reflection, therapy and meditation
2022-06-28T19:09:28Z	Are you in the thick of it	I'm like on the outskirts	Getting through it. Through not around
2022-07-16T03:59:46Z	Does everything happen for a reason	There is a reason	Time
2022-05-06T21:30:35Z	Have you been surprised lately?	Yes	Make happy memories
2022-05-29T01:54:09Z	Did you reconnect with a lover	No not in a single universe :)	
2022-05-15T18:50:33Z	Did you miss a deadline	No	

2022-06-13T22:52:23Z	Have you cried you eyes out?	Yes, of course I'm only human.	Not well.	
2022-07-23T00:37:24Z	Does everything happen for a reason?	No	Silence	
2022-06-18T18:56:56Z	do you hide your feet under the covers	yes	dissociation and memory loss	
2022-04-30T19:00:11Z	Do you hide your feet under the covers	Yes	Crying	
2022-05-08T18:40:12Z	Have you cried your eyes out?	I HAVE, not recently	I typically isolate myself until I can work around my feelings. I need my own space to process things on my own until which point I am able to communicate and vent to friends/family. I have found journaling has really helped me deal with things. Writing the thoughts onto paper helps clear my mind and I think it's important to look back at entries to see how you feel about them at present. And see how your thoughts may have changed.	
2022-05-01T16:00:40Z	Have you cried your eyes out?	Of course.	Philosophy, Art, and Time	
2022-05-28T15:26:44Z	Does everything happen for a reason?	Depends on the situation	Smoking marijuana	
2022-05-07T16:59:46Z	Yes	Yes	Cry	
2022-05-03T15:08:34Z	Have you ever cried your eyes out?	Yeah like 5 minutes ago	I cry and listen to sad music and look out the window	
2022-04-29T23:31:38Z	When did you last clear your mind?	Realistically, not recently enough	It's really hard. I lost my mom this year and her birthday was this month. My birthday is tomorrow and I'm not sure I'm ready for the first one without her here. Grief is like a little creature you have to care for that is scared and sensitive but the more love you give it, the more secure it eventually feels. And you have to show it love, because that's what grief really is deep down.	
2022-07-03T22:51:36Z	Does everything happen for a reason?	Yes, but it's not always logical	Disappear	
2022-07-24T22:12:57Z	are you hurting	yes i have a cramp :(just dance	
2022-04-26T23:36:49Z	Did you miss a deadline	Yes	Ordering Pad Thai	
2022-07-19T23:36:30Z	What's the difference between a healing mechanism and a coping mechanism?	The difference between a coping mechanism and a healing mechanism is in the difference between healing and coping. Healing is about becoming healthy again while coping is about living with your current situation. So I guess the difference is time.		
2022-05-31T17:29:33Z	Do you hide your feet under the sheets	Yes	Be sad for a while	
2022-04-26T00:32:55Z	Have you cried your eyes out	Yes	Usually don't cry	
2022-06-04T22:20:29Z	When was the last time you [writing removed by someone]	Not sure what the question is!	Reading, lots of being outside of my own mind and in other people's minds. Cementing the fact in my mind, that we're all the same, I'm not the first or the last person who will feel this.	
2022-06-07T14:06:38Z	Are you hurting	Not really :-)		
2022-06-18T17:12:51Z	Have you ever cried your eyes out?	I can't say I have		
2022-06-24T15:21:45Z	Have you cried your eyes out ?	Yes I've had, it happens when I can't keep everything in anymore.	I try to get as much help as I can from the people around me.	
2022-06-30T14:24:27Z	Are you fighting an uphill battle?	I'm running up that hill.	By Running up that road, hill and/or building	

2022-06-05T23:26:13Z	does everything happen for a reason	YEP YEP YEP WE ARE MADE OF STARDUST	i imagine myself from the biggest perspective up in the sky and realize there's also a bunch of lil humans and runnin around doin and thinkin the same things	
2022-05-26T22:11:39Z	What's the difference between a healing mechanism and a coping mechanism	a coping mechanism is a distraction from the event that doesn't move you past the event or help with dealing with the event and/or it's effects it simply is a means of not thinking. a healing mechanism brings you face to face with an event either directly or indirectly and enables you to settle with the event after dealing with its after effects... this may take some time.		
2022-07-16T17:28:30Z	When did you last clear your mind?	This morning	I'm not sure	
2022-06-24T23:00:51Z	Do you listen to the same music over + over?	Sometimes yes, but I have learned to search for new music so that I can expand my horizons (:	I have learned to accept my feelings and allow myself to feel grief for however long I need to. I will move on. I will not let my grief define me. I will be okay when the grief comes back again in waves. No matter how big or small, I will accept my grief just as I accept myself.	
2022-05-23T20:20:00Z	Do you hide ur feet under the covers	Yea	Crying	
2022-07-01T22:33:50Z	Do you hide your feet under the covers	Sometimes	I have a detached/avoidant response to uncomfortable emotions. So I usually deal with grief by keeping busy so I don't have to deal with my emotions	
2022-07-11T23:58:17Z	Are you hurting?	Yeah. ./	Loaded af question, but I've been doing a lot of yoga to stay grounded. Otherwise I disassociate. Long walks and long drives w music are good too. Honoring memories is important to me.	
2022-06-12T12:32:24Z	Have you cried your eyes out?	Yes	Exercise, drink, scream, cook	
2022-07-15T15:53:32Z	Have you cried your eyes out?	No	Talk to my gf	
2022-05-20T14:34:45Z	Have you cried your eyes out?	Frequently, lil ghostie	Letting it hang out with me, letting myself lay flat on the ground when I need to and then getting up and moving my body.	
2022-07-17T17:09:21Z	Are you hurting?	I'm not sure, i guess in a way I'm always hurting, it's just that the pain is numb	I've never really dealt with grief, so idk	
2022-05-14T01:25:54Z	Are you fighting an uphill battle?	Everyday, it seems.	I remember how far I've come, and that this life is a gift. I want to put as much good into this world as I can. In hopes of undoing some of the bad I've done. Possibly.	
2022-05-31T17:31:19Z	Are you hurting	We all are. Stfu	Fist my ass. DL	
2022-04-30T20:20:51Z	Does everything happen for a reason?	Yes	Ice cream and friends	
2022-06-28T11:54:13Z	Are you tired of listening to the same music?	Yes, totally.	Distraction. Keeping busy	
2022-06-11T23:52:22Z	Have you cried your eyes out	i have	it's hard, it's unexpected.	
2022-05-13T01:23:40Z	have you cried your eyes out?	not yet	cry	
2022-06-03T15:56:05Z	Does everything happen for a reason	Yes	I self distrust	
2022-06-10T14:29:31Z	When did you last clear your mind	It's a work in progress	Reminding myself that everything is temporary	
2022-05-21T17:13:01Z	Have you cried your heart out?	Yes I absolutely have!	Cry it out, breathe, talk with friends and family. Reflect on what happened and why it made me upset. Keep busy to move forward.	

2022-05-19T22:54:21Z	Have you been surprised lately?	I have now	I'm not sure yet
2022-06-22T01:45:30Z	What's the difference between a healing mechanism and a coping mechanism	Healing ends, coping doesn't	Sit with it
2022-07-08T00:10:19Z	What's the difference between a healing mechanism and a coping mechanism?	Coping mechanism helps with the immediate and healing helps long term.	Writing a letter to what I have lost and am grieving.
2022-04-20T11:07:12Z	Something about deadlines	"wow ghosts must be everywhere. Oh wait. Actually they're just in Miami and Woburn."	Smug survey responses.
2022-07-16T17:26:35Z	When did you last clear your mind	Just now in my prayer walk	Life happens, its okay to let ourselves be hurt by the things that hurt us but if we allow that to control our lives, we become a slave to it. I pray when I feel dull or feel grief, to some extent.
2022-05-07T20:28:08Z	Does the boy you cried about silently watch your stories ?	Idfk	I smoke
2022-06-27T12:56:58Z	What's the difference between a healing mechanism and a coping mechanism?	I think that they're the same, or can be the same. Maybe healing is the "harder" thing to do— "forgive and forget," "put it into perspective," etc. Maybe coping is just making sure you're able to continue with your silly little life at any given silly little point. Maybe.	Today I am trying to see the good in it all. Good life, no pressure. Hard to see it, but I have to try.
2022-05-08T19:07:05Z	Are you fighting an uphill battle	Are you fighting an uphill battle	Withdrawals
2022-05-29T01:18:25Z	will i remeber the assignment i missed the deadline for in 5 years	no i will not	i sh tbh but im working on running instead
2022-05-02T17:06:20Z	do you hide your feet under the covers?	yes	
2022-05-29T21:27:33Z	Does everything happen for a reason ?	Yes it is called fate !	
2022-06-30T20:10:14Z	Does he think you're a person or a woman? Or even worse, does he think there's a difference? Do you?	I am a person AND a woman. Simultaneously and also separately. I am a person who is a woman. A person is a person, no matter what. We all love something and we all do bad things and we all struggle. But I am also a person who is a woman. There are drawbacks to that, and there are reasons why I love it. He understands this. He loves me as a person and a woman, both simultaneously and as each part.	I think a lot. I work through a lot of things in my head, and I like to write.
2022-04-26T20:04:32Z	are you hurting?	usually	i retreat from others
2022-06-22T00:26:31Z	Were you mean	Dam	The 77 is dam fast if it's on a D40LF
2022-06-28T13:43:52Z	If there's a difference between a person and a woman	People get rights to their own bodies, to be a person is to be autonomous. In this respect, women aren't considered people	I cry once or twice then move to forget whatever caused me grief
2022-06-26T17:35:59Z	Have you cried your eyes out?	Yes	
2022-07-23T02:25:01Z	Do you pay too much attention to others	I'd like to say that I am anti changing my behaviors from the action of others and letting it impact me in regards to how that may feel. And I do feel like I am that way; however, when's someones energy impacts mine it's hard not to notice.	Music and conversation
2022-05-10T22:31:16Z	when did you last clear your mind?	a long long time ago.	by ignoring it :(
2022-05-06T19:00:26Z	Have you cried your eyes out?	Yes	Therapy. Getting outside. Distraction
2022-06-29T18:00:23Z	Does everything happen for a reason?	Yes, but there isn't profound meaning in it.	Feel when you can, escape when you can't. Center yourself with kindness and forgiveness.
2022-05-08T17:08:03Z	Have you ever cried your eyes out?	Yes	

2022-06-01T12:30:41Z	Are you happy to be alive	Some days are easier than others. My best friend killed himself a month ago. I fucking miss him	I wear his hat that he gave me. I always feel his presence when I wear it. Like a little piece of him is still here	
2022-06-20T16:53:51Z	Do you listen to the same music over and over?	Not necessarily. I seek out new music on the regular but do come back to old favorites	Escapism	
2022-07-17T18:43:48Z	Does everything happen for a reason?	Yes		
2022-05-09T18:08:44Z	Have you been surprised lately.	Yes.	I deal with grief in a variety of ways. Often by trying to control what I can, talking with friends, fresh air are healthy ways. Other times, overeating, lots of sleep, not taking care of myself.	
2022-05-06T23:10:32Z	do you hide your feet under the covers?	no!	great question. well, grief is so varied... but i think i best deal with it by facing it, allowing it to come in waves, and letting it pass. it's kind of like large-scale meditation?	
2022-07-17T01:22:27Z	have you cried your eyes out?	yes but only sometimes.. usually when it overwhelms me and/or during therapy	identifying the parts that hurt, and why. connecting any feelings to post trauma and trying to find ways to honor the grief in my own way. sometimes the best thing i can do to protect myself is a distraction before processing my feelings	
2022-07-11T21:54:49Z	Have you cried your eyes out?	Yeah but I need to let it out more. It's destroying me.		
2022-05-06T16:49:53Z	Do you have a deadline and will you remember it in five years?	I do, and nope I won't!		
2022-05-30T19:32:26Z	Does everything happen for a reason?	I'm not sure yet. Still figuring that out.	One day at a time. Finding joy in the smaller things, noticing space from my own feelings. Recognizing that I am making progress even if I think I'm not. Talking to my friends.	
2022-05-01T19:03:10Z	Have you been surprised lately?	No	Eat my feelings	
2022-07-22T03:12:30Z	is it trauma or just growing pains?	i reached out and traced the ghost with my finger and told my partner how nothing goes better hand in hand.	music. spotify always open, an ear bud in one ear at all times. late night phone calls that take your mind off the hole in your chest. finding someone that makes you feel like you're lovable after being hurt time after time. antidepressants. therapy. showers. hugs. cooking. telling my story. my name is quinn yurasek. i have poured everything into my poetry. i am lucky i am alive.	
2022-05-22T19:37:32Z	Are u fighting an uphill battle	mediocrely	Weed	
2022-06-24T02:25:53Z	Are you glued to a screen?	Yes all of the time, but I did notice this sign!	I ignore it like a sociopath.	
2022-05-08T19:47:18Z	Have you cried your eyes out? ?	No..	listening to sad and soothing music	
2022-05-03T13:56:39Z	Did you miss your Deadline? Would you remember in 5 years?	I won't	I sleep	
2022-04-29T16:46:20Z	Have you cried your eyes out?	Yes		
2022-06-30T14:14:21Z	Are you Fighting an uphill battle?	I think we all are in some way shape or form. Some are easier than others, but as long as we find the little moments that remind us what it's all for- it doesn't seem as steep as a climb.	I try to center myself, find the lights in my life and try to bring myself closer to them to create some space and find some new perspective.	
2022-07-06T12:03:57Z	are you fighting an uphill battle?	just a slight incline	breathe. allow for time to pass.	
2022-07-24T20:06:51Z	Are you hurting?	Not today	Somehow I haven't had to yet, and I'm not sure how I will when the time comes	

2022-05-24T20:23:26Z	Does he think you're a person or a woman?	I watched him shift me from the category of "person" to the category of "woman/sex object" the moment my father saw me post-transition.	Heavy drinking and isolation. I am a ghost already.	
2022-05-03T18:51:49Z	.	.		
2022-05-29T01:27:54Z	Do you catch my drift?	No	Badly	
2022-05-01T16:11:22Z	Does everything happen for a reason?	Yes		
2022-04-16T20:26:53Z	Have you been hurt?	Yes	I cry	
2022-05-04T22:20:44Z	Did you miss a deadline? Will you remember in five years?	I've missed many deadlines, I don't see them as personal failures, simply decisions.	I let it wash over me and hope it passes.	
2022-06-13T17:11:17Z	How do you cope with grief?	Weed, therapy, journaling, art		
2022-05-01T14:41:16Z	Do you put your feet under the covers?	No		
2022-05-16T20:31:47Z	Are you starved for inspiration?	Maybe. I need to put my mind to something first, and I know the inspiration will come!	You just cry man. You cry until it's better. It's always okay to lose yourself, you just need to come back. You always gotta remember something when everything feels lost. What's your favorite color, then go to what your favorite food is. Everything may feel gone, but at the end of the day you always can remember your favorite color is orange. That's still something to show you are here and you are okay.	
2022-05-28T16:11:45Z	Does everything happen for a reason?	No	I try to talk to friends who are also grieving. Sometimes I feel like I talk to her too or feel her presence and in a way that helps	
2022-07-02T00:53:28Z	Are you hurting?	No, I'm quite happy these days	I remind myself that this too will pass. I feel the grief, but I'm a bit of a stoic, and use that to move forward, so I don't live in the grief for too long	
2022-06-17T00:16:31Z	Have you cried your eyes out?	Constantly	Good coffee and good hugs	
2022-06-24T10:24:13Z	Did you reconnect with a lover?	I have! it wasn't too recent but i broke up with my girlfriend and she was the best person i was ever with and she was still my best friend after we broke up. I then got into a really abusive relationship and i knew i had made a mistake leaving her. Once i was safe and able to leave the abuser, i took a break but we eventually got back together. we've been together for 5 years, she's the love of my life.		
2022-05-06T01:30:15Z	Have you cried your eyes out?	Yes	I think about how lucky I am to have had something that makes saying goodbye so hard	
2022-06-22T00:32:21Z	Are you hurting?	Yes	I let the feelings go through me whenever I feel nostalgic, i let myself cry and feel down for a bit.	
2022-05-22T02:16:10Z	Are you starved for inspiration?	Slightly	I try to remind myself that the process of grief isn't linear. I use my beliefs to reassure me that my late loved ones are still with me every step of the way.	
2022-04-22T23:09:03Z	Did you miss a deadline? Will you remember in five years?	I don't think I've missed a deadline I would remember in five years	I cope with grief if it calls for it	

2022-06-15T00:17:41Z	What are you doing with your life?	Falling in love and trying to figure out how to be an adult in a way that feels meaningful. Starting a job that I think will teach me I don't want that job. Trying to life in a way that feels better to me than it has in the past.	Poorly	
2022-05-12T19:36:08Z	Have you cried your eyes out	Figuratively, yes. Literally, no.	Good question. I don't	
2022-04-20T23:28:39Z	If I have been surprised lately	At first was kinda sad because I'm lonely but I'm then remembered I was positively surprised recently	I try to sit with it. I listen to tarot on YouTube and work through my feelings and shadow stuff while I walk here	
2022-04-26T18:54:10Z	If I was fighting an uphill battle.	Sometimes it does feel like that.	This is something I still struggle with. I used to cope with substances but I have a new lease on life, so I'm trying to be a more positive person, work out more, and help those around me.	
2022-05-04T18:34:10Z	Have you cried your eyes out	Yes	Cry, therapy	
2022-04-20T17:00:29Z	Will you remember in 5 years?	Probably not	Not well	
2022-05-01T22:41:31Z	When did you last clear your mind	2007	Idk	
2022-05-13T02:00:51Z	do you believe everything happens for a reason	Fundamentally, no, but the concepts of cause/effect are inventions of the human mind, so yes. Things happen for a reason, if you want them to.	I'm not sure; I don't think I've really had a big reason to grieve. But I suppose I feel sad and talk about it with my friends to process, and then I come to a conclusion.	
2022-05-25T11:53:23Z	Are you happy to be alive?	Yes!	Find happiness in the small things - smile at yourself in the mirror every morning - find someone who loves you more than you love yourself	
2022-05-19T22:55:12Z	My Drift?	Yup	Yea..	
2022-05-29T21:39:56Z	How does growth even happen?	Idk	cutting	
2022-04-30T00:47:29Z	Have you cried your eyes out?	Yeah	Knowing that I've been here before and I got through it then so logistically this'll pass	
2022-06-13T17:08:13Z	Have you ever cried your eyes out?	Yeah. Haven't we all?	I talk to my closest friends and cry. A lot. Also, music (to listen to) and poetry (to write)	
2022-04-24T17:05:51Z	When did you last clear your mind	I don't remember! Maybe last weekend?	I meditate and write about how I'm feeling.	
2022-05-05T16:30:14Z	When is the last time you cleared your mind?	I tried to this morning.		
2022-04-20T18:48:47Z	Have you been hurt?	Pain is the reason I am who I am, without it, everything that I am would have never been. Pain hurts, but growth is impossible without, it hurts at first but you learn to deal with it in time.	Isolation and deep thought, before opening back up with acceptance.	
2022-07-17T23:45:55Z	Is "being of service" all I have to offer?	Yeah, I'm trash.	I don't :(
2022-06-16T20:15:34Z	Are you walking endlessly uphill	I very much feel like I am constantly in a struggle to keep my footing. The ridge I walk on is thin and everything I love helps me keep balance, but progressing is still hard and terrifying.	Grief is something I feel like only time can pull you out of. Not to say that the loss is any less but that you can appreciate what you have lost more fruitfully without the oppressive heartbreak of immediacy once some time has passed.	
2022-05-31T15:27:41Z	Is it trauma or is it growing pains	Growing pains	Can't relate	
2022-06-29T21:18:43Z	Have you cried your eyes out	All the time	I rely on my community and allowing myself time to experience the emotions associated with grief. Call my friends. Cuddle my cats. Take a breath. We are always in a constant state of grief whether it be a person, loss of a job, change in life, etc.	

2022-05-01T16:02:04Z	Does everything happen for a reason?	No	Process the emotions privately and then with others. Reflect on happy moments etc	
2022-05-04T22:37:14Z	Have you cried your eyes out	Yes	Poorly, but I'm trying to be better and let myself experience the emotions as they come. Good and bad. Waves constantly	
2022-04-28T13:44:19Z	Have you been surprised lately?	Quite recently	By drinking away the pain until I recognize how unhealthy it is.	
2022-07-18T00:40:04Z	Do you find yourself starved for inspiration?	Yes! Feeling drained and withdrawn. Not sure how to connect with other people.	I am pretty stoic about grief	
2022-07-12T01:28:13Z	Are you hurting?	Yes	Tears and ice cream	
2022-04-26T23:36:40Z	Did you miss a deadline? Will you remember it in five years?	Probably not	Write poetry	
2022-05-06T14:37:57Z	Do you hide your feet under the covers?	Yes	I don't.	
2022-07-17T20:51:51Z	Does everything happen for a reason?	Some things just happen, and some reasons have nothing to do with us.		
2022-07-13T16:46:11Z	Do you hide your feet under the covers	Yes	Cry	
2022-05-18T20:21:18Z	are you fighting an uphill battle?	yes	smoking	
2022-05-01T11:39:02Z	Go away.	Ok	Eat cheese.	
2022-07-02T19:30:31Z	Are you fighting an uphill battle?	Yes	Crying everyday and seeking out spending time with people	
2022-06-10T15:25:07Z	Have you been surprised lately	Yes every day		
2022-04-30T21:41:02Z	Do you hide your feet under the covers?	Yes	I try to forget about it and to have fun	
2022-04-30T20:38:03Z	Does everything happen for a reason?	I don't know.	It's a work in process.	
2022-05-09T19:40:06Z	have you been hurt	yes I have been	I spend time with animals, exercise, and talk to friends. I am getting better at it but it's really hard and I have suicidal thoughts sometimes.	
2022-05-03T23:48:47Z	have you been surprised lately?	no	numb n forget	
2022-06-03T14:07:12Z	Does the boy you cried about silently watch your stories?	No because I am a lesbian. :)	I do not really. I bury my feelings. :(
2022-06-08T17:36:03Z	Are you happy	No	I dive into my work and ignore everything else	
2022-05-09T22:11:49Z	Have you cried your eyes out?	Yes	Sleep the day away.	
2022-06-05T22:50:55Z	Does the boy you cry over secretly check your stories?	i have no boy to cry over	I wait until the initial stage passes and then find new things to cherish and love	
2022-05-20T18:54:36Z	Have you cried your eyes out?	Yes		
2022-07-06T22:57:58Z	Does everything happen for a reason?	I think yes, some things make us stronger, some things are just for the better	I haven't had much experience with grief but the times I've had it's been kind of hard and the worst part is when people say: "oh it's gonna pass" or "everything will be better soon"	
2022-06-28T23:02:53Z	Are you fighting an uphill battle?	Consistently sometimes	I let myself feel the feelings, and give myself a time limit when I'm ready to refocus on happiness	
2022-04-28T19:50:19Z	did you cry your eyes out	yes	i don't i eat i drink then i explode tears...need to get better at it.	
2022-06-16T13:24:47Z	Have you been hurt?	I haven't known a time I wasn't.	Internalize it until I don't feel it anymore and then go to the gym and work it all out.	
2022-06-26T00:17:48Z	Have you cried your eyes out?	Yes	I'm not sure. I keep going. I spend time with friends and write music. I get up.	
2022-05-15T01:45:09Z	What do I even want	Prosperity and peace		
2022-04-22T16:33:50Z	Have you been surprised lately?	Yes	I cry	

2022-06-21T00:06:45Z	Does he think you're a person or a woman	I worry that he thinks there's a difference. I know that he very well might.	I try my best	
2022-05-18T19:11:51Z	Have you been surprised lately	No	I don't have grief	
2022-06-21T22:34:19Z	Do you hide your feet under the covers?	Yes	I don't	
2022-06-27T23:17:54Z	When is the last time you cleared your dead?	I don't know, which might mean just now		
2022-05-12T18:10:25Z	Are you fighting an uphill battle?	Aren't we all?	Spend time alone in nature so I can just sit with my thoughts and reflect. Music also helps	
2022-05-17T20:38:08Z	Does the boy you cried about silently watch your stories?	Yes. Oops.	Funnily enough, many long walks! And I'm making a comic about the same thing :-) happy researching	
2022-06-17T22:36:52Z	Does everything happen for a reason?	Yes	Spend time in nature, listen to good music, and drink quality alcohol	
2022-06-05T17:30:52Z	Does everything happen for a reason?	Yes		
2022-05-06T17:34:26Z	Little boy crying	Varies		
2022-06-28T21:46:29Z	Do you listen to the same music over and over? Are you stuck in a loop?	Nope. I love me music (even though I'm boring, according to my boyfriend)	I take walks in the sun. I headbutt my boyfriend (and tell him that I've already heard his stories). I watch a YouTube video called "Omelet" about a cute dog who loves unconditionally.	
2022-05-11T18:51:12Z	A question	An answer	Poorly	
2022-06-24T17:11:10Z	Is it trauma or is it growing pains?	Trauma	I stay depressed. It's either believe the worst in the world and not get hurt but miss out on experiences, or believe the best and get hurt all the time but occasionally have fun. I stay pessimistic as a defense mechanism.	
2022-06-28T22:18:26Z	Do you listen to the same music over and over? Are you stuck in a loop?	Yes, but I don't want to be.	Not very well.	
2022-04-27T21:32:57Z	Have you been hurt?	I'm always hurt	I don't	
2022-06-28T19:21:59Z	Are you fighting an uphill battle?	Yes	Talk to loved ones	
2022-06-12T21:52:22Z	have you been surprised lately	no every surprise gets ruined	listen to sad music and cry	
2022-05-30T04:45:37Z	Does everything happen for a reason?	Yes and no everyone is different	Cry or think about it	
2022-06-03T00:46:15Z	Are you fighting an uphill battle?	Yes	I eat	
2022-05-01T21:24:54Z	Did I cry my eyes out yet	Yes	Cry	
2022-06-07T20:43:48Z	Are you fighting an uphill battle?	Yes	Crying a lot	
2022-07-15T23:05:13Z	Did u drain all your tears out	I did a few months ago	Idk I just sit	
2022-05-01T16:12:34Z	Does the boy who cried about silently watch your stories	No		
2022-05-30T17:19:09Z	Are you happy to be alive?	Yes, for the most part! It isn't always easy but I'm happy to be here to see others blossom.	I cope with grief by allowing myself to feel my feelings and create something from the sadness. I'm an artist so I like being able to use my feelings to create.	
			I don't.	
2022-07-23T18:03:03Z	Have you cried your eyes out?	All the time	Alcohol	
2022-04-26T23:11:21Z	Do you hide your feet under the covers	Yiiiis	Giving myself space to rationalize it	

2022-05-22T22:51:28Z	Have you cried your eyes out?	Yes, I haven't stopped.	I haven't found a healthy way yet but I eat unhealthy carbs and try to watch comedy TV shows or movies.	
2022-05-26T20:11:50Z	Does everything happen for a reason	Yes	Smoking and talking	
2022-07-14T18:34:20Z	Does everything happen for a reason?	Yes! You have free will, but you make decisions for a reason, even a reason yet unknown to your consciousness.	Badly... I cry, I hold the memories of grief and joy to myself and don't want to talk about them with others. I have a really hard time letting go, and the grief of something even as small as missing the name of a cute girl at a party can set me back for days or weeks.	
2022-05-23T23:36:47Z	Have I cried myself out?	Not quite	I just try to hang on until there's more time between me and the event. I read.	
2022-06-04T16:06:55Z	Have you cried your eyes out?	Absolutely, every chance I get- even though I often need the presence of supportive help	I talk about it with everyone who cares about me. I honor the unique value of what I lost, the needs within me that are newly unmet, and look forward to what I can create for my life next.	
2022-04-27T17:54:59Z	Have you been surprised lately	Wtf lol	Time..	
2022-05-15T21:13:23Z	What do you do if you miss a deadline?	Refuse to miss it	I really don't	
2022-07-10T04:07:46Z	Have you cried your eyes out?	Yes...right here. In this very location I cried over and over	I am a piece among pieces... all I have is my ability to bring myself happiness, why would I waste that	
2022-05-29T17:48:10Z	Did you catch my drift?	Yeah man	I am a hospice nurse, I find it unique to each situation. Grief itself is unique to person, place, time, and events. Whether it's gathering with loved ones, music, or peaceful silence	
2022-05-22T20:18:32Z	Have you cried your eyes out?	Almost daily.	Think of it as coming in waves & try to ride them gently. Lavish my friends with praise and acts of love. Hope for better days and experiences.	
2022-04-26T23:37:40Z	Did you miss a deadline? Will you remember in five years?	Probably not, I want to focus on the things I gained instead :)	Long days or crying and not processing, but with friends I eventually work through it. Lots of tears though.	
2022-06-21T22:32:40Z	Are you glued to a screen? How did you get so stuck without even noticing?	Oh, I noticed and screens are glued to me		
2022-04-30T17:50:00Z	Did you miss a deadline?	NO		
2022-05-09T22:41:44Z	When did you last clear your mind?	Just now, taking a walk and looking at the flowers	hold on to the idea of what I've lost really tightly for a long long time until I don't need it anymore	
2022-05-22T20:02:25Z	Have you lost a loved one?	I didn't.	Smoke weed everyday	
2022-06-21T17:22:45Z	don't you have enough? why did you take so much?	bc they're pretty	listen to music and be alone	
2022-04-23T21:10:11Z	Do you hide your feet under the covers	Yes	Hiding my feet	
2022-05-01T14:30:44Z	Does everything happen for a reason?	It depends what you consider a reason. Everything might happen based on physics and entropy, but I'm not sure if it is human-motivated reasons.	Connect with other people. Sometimes distraction. Telling stories.	
2022-07-12T13:52:58Z	Did you reconnect with a lover? Was it a mistake?	Yes, I did; no, it was not. The relationship ended in flames like the first time around, but some of the crappy things she said forced me to really start caring for myself and dealing with certain things.	How do you cope with grief? I wish I knew. The best explanation I heard is that it comes in waves, that diminish in average size and frequency over time. It's all about learning how to ride or hide under the waves, and enjoy the moments of stillness. Still sucks, though.	

2022-06-15T19:29:59Z	Have you cried your eyes out?	Lol yes and with humor	
2022-04-30T17:33:22Z	Are you fighting an uphill battle?	Yes. I'm a leader in a field I guess...	Poorly. Then Burying it. Then Telling myself to stay positive. Then exercise.
2022-07-09T00:32:51Z	did you get hurt? everything happens for a reason.	bitch it might	cut
2022-04-26T14:45:53Z	Did you miss a deadline? Will you remember in 5 years?	I've missed many deadlines. Some I still get anxious about 5+ years on, and others I've lost track of. They still make me feel shame.	I use therapy, and try to acknowledge that my contributions to the world outweigh my shortcomings.
2022-05-09T23:00:02Z	if we hide our feet under the covers	one of us yes and one no	comfort show and food
2022-04-19T23:07:21Z	Did you miss a deadline?	Yes	Therapy
2022-06-25T02:19:01Z	Don't you have enough? Why did you take so much?	I think I do have enough, and I do hope I didn't take too much.	I spend time with loved ones, mostly. Grief is incredibly challenging and exhausting. I try to do what I can to take care of my body and nourish myself.
2022-06-11T13:27:15Z	Did you reconnect with a lover, was it a mistake?	Yes I did reconnect with a lover, and it was the best thing I ever did. We had a short relationship, broke up, and a year later after a lot of personal growth we got back together. We have been dating again for almost two years and I couldn't be happier. I am so grateful that when the "right time" finally came around, we were both ready to be open with each other. No regrets!	In the past month I lost two loved ones, and I'm dealing with personal grief really for the first time in my life right now. I am just dealing with it by leaning on my community and accepting waves of emotion as they come. Had a poetry sharing day with friends recently in honor of a lost loved one who loved poetry and teaching. Any time you can bring community together over the memory of someone your grieving, that is good.
2022-06-28T16:32:10Z	Ever heard of mindya ?	No	
2022-07-22T00:36:39Z	Does everything happen for a reason?	I think everything happens pretty chaotically	Let it be, let yourself feel it, until it gradually leaves you. You can only feel intense pain for so long
2022-06-02T12:32:40Z	I don't remember exactly but it was about gender - "Would this ghost see you as a person or a woman"	I said person because im nonbinary	Try to remember as many happy things as possible and take time for myself. Try to be around my more calming friends :)
2022-06-06T20:35:46Z	Does everything happen for a reason?	Life is a never ending circle of feelings. Something has to happen and if you feel like it was meant to be then it was.	Everyone copes in grief in their own ways. I think friends, partying and substances work best for me.
2022-05-05T15:55:38Z	When did you last clear your mind?	A long time ago...	Not well... i dont have much practice
2022-04-30T19:01:43Z	Are you fighting an uphill battle?	"I don't know, am I?" And/or, "Always possible" ,	Ice cream Music Art Songwriting Distractions, essentially
2022-05-25T20:40:53Z	Are you hurting?	Not right now	I try to remind myself to celebrate what was and not to miss what is. I don't shy from confiding in others, and I know all will be well in time
2022-05-17T16:00:36Z	How do you say ring in uphill battle	Yes	Retreat
2022-07-19T00:46:03Z	Are you listening to the same music over and over?	Right now yeah more than usual	The ball in a box theory of grief helps me. https://twitter.com/laurenherschel/status/946887540732149760
2022-06-19T13:35:56Z	Does everything happen for a reason?	Some. Some things happen to prepare us for the spontaneous and unfortunate that needs our past experiences to get through it.	Understand you need to, and can, walk through the pain.

2022-04-30T17:54:12Z	Do you hide your feet under the covers?	I can't sleep with cold feet :(((So usually, yes.		
2022-05-10T16:51:00Z	Does everything happens for a reason?	Absolutely not, and in my opinion, this is a dangerous way of thinking, because it assigns logic and reason when sometimes terrible things just happen and no one deserved it. The idea that everything happens for a reason can be used to justify that poor people are poor because they deserve to be, where rich people are better. Or that privilege doesn't exist. (And other terrible ideas.) In fact, the reality is that plenty of things just happen because they happen and the world can be a hard place.	Sometimes music, sometimes nature, sometimes leaning into it with loved ones, and sometimes pushing the imaginary button of avoidance, and revisiting at a better time.	
2022-06-04T17:38:37Z	Are you happy to be alive? Tell me what has you down, my friend	I am pretty happy to be alive tbh	Try to just ride the waves	
2022-06-14T00:38:04Z	Is "being of service" I have to offer?	It feels that way sometimes.	Compartmentalization.	
2022-06-19T21:01:08Z	Is being of service all I have to offer?	Being of service to others is a lot of what I have to offer, but I can also inspire others through self expression, and experience the world as an individual too.	I cry a lot, and then I have a sudden surge of energy that I spend on an artistic project. The final result isn't important to me; it's more important that I express myself and create something while grieving.	
2022-07-24T19:14:37Z	Are you hurting	I guess so	Cry and then move on. Remember the good times.	
2022-07-17T02:13:31Z	Are you hurting?	Yes but I a growing thorough it.	I take long long walks through the cemetery	
2022-05-24T21:12:42Z	did you cry yet?	no	by crying at happy movies	
2022-06-27T00:37:10Z	Are you happy to be alive?	I think I am, but sometimes I'm not so sure.	What a good question. It seeks so simple and straightforward but thinking it through, it's so complicated because sometimes I don't. I try to let it wash over me but sometimes that is too much and I stuff it down like dirty laundry that I know I'll have to deal with eventually but refuse to right now. Anyway, I think I cope by exercising and going on long walks. Sometimes I talk to my family. I see my therapist. I tell myself it's okay.	
2022-07-04T02:10:23Z	When was the last time you cleared your mind?	I was with my friends and zoned out when looking at the nature, that was peaceful.	Alone time. Talking it out with loved ones who might have it are going through the same thing I am.	
2022-06-27T20:29:54Z	Have you ever lost a loved one?	Yes, all the time	I joke about it so that it hurts me less	
2022-06-11T20:33:55Z	Do you hide your feet under the covers?	Yes		
2022-06-14T13:48:47Z	Are you ashamed	Hell naaaah		
2022-07-17T22:13:59Z	How do u cope wit Grief?	Bigger, Better, Buddha		
2022-06-14T20:47:50Z	are you fighting an uphill battle?	personally i didnt completely understand at first. I'm someone who isnt a stranger to endure, but ultimately my response was "yes, and im strong enough to do so."	I communicate to myself, i fancy myself a very emotionally in-tune person. I accept what i feel, and i dont let it frustrate me. I simply understand myself, and i give myself the validation and self-advice to see the situation as it is. If i cry, if i cannot help but feel frustrated on what may have happened, i understand that- and that feeling is very self- validating. besides that i have the most beautiful partner, who gives great and in-depth advice that speaks to not just me, but us :)	

2022-04-30T17:36:13Z	Have you been hurt?	Not in a while. I try to keep my distance so it can't happen often. But things still get to me. I feel guilty when someone hurts me on accident and I have to tell them.	I don't know. I try to expect the worst so I'm always surprised if things don't go badly.	
2022-05-16T01:28:28Z	What's the difference between a healing mechanism and a coping mechanism?	Your perspective	Thank	
2022-05-22T18:49:35Z	Have you cried your eyes out?	Yes, in therapy	Like tea. Steep in it long enough, let it cool, and slowly drink the bitter beverage.	
2022-07-02T13:59:27Z	Does he think you're a person or a woman.	My partner mostly sees me as a person, although there are a few subtle instances in which I am a		
2022-05-30T17:42:16Z	Are you fighting an uphill battle?	maybe... I haven't been putting much work into solving the issues deep down I know I need to	Honestly, I feel like I often ignore the issue at hand	
2022-05-11T21:36:06Z	Do you hide your feet under the covers?	When it's cold, yes; when it's hot, one leg out, one leg in	Journaling, crying, and constant reminders that the life or existence of that being, feeling or concept did exist as it always meant to	
2022-06-13T22:02:51Z	How does growth even happen?	With self love	You don't, allow yourself to feel	
2022-05-03T19:41:34Z	Have you been surprised lately?	Yes	Not well	
2022-07-03T15:39:30Z	Are you fighting an uphill battle?	I'm not sure!		
2022-06-29T21:18:32Z	Have you cried your eyes out?	Every day	Feeling my feelings. Especially anger. Giving myself permission to slow down. Loving my cat. One breath at a time	
2022-06-13T00:55:54Z	have you cried your eyes out	yes	i dont	
2022-05-28T23:22:24Z	Have you been surprised lately	Somewhat	Weed1/5 , music 2/5 and the gym 2/5	
2022-04-24T17:24:34Z	Have you been surprised lately	Yes because iys a ghost s a enher hunt	Very sad	
2022-05-29T21:14:26Z	Are you starved for inspiration	Yes	I don't know how I cope with grief, however today my pet rat died- I cried for quick sometime	
2022-05-14T01:22:12Z	Does everything happen for a reason?	Probably not	Send love	
2022-06-01T21:33:56Z	Do you hide your feet under the covers?	Maybe		
2022-05-08T22:35:59Z	Do you hide your feet under the covers?	I don't hide them, they just want to be warm too	Distraction	
2022-07-05T20:05:13Z	Have you cried your eyes out?	Most definitely.	I don't cope with grief in the most healthy way. I close myself off, and shut down. I try to overwork myself, and then crash and burn. Another way, is that I completely get involved in one thing and soon get tired of it.	
2022-06-11T00:20:56Z	Does everything happen for a reason?	No, but right now I need to pretend that it does.		
2022-07-19T19:43:48Z	does everything happen for a reason?	yes	i feel bad for myself. i feel and i feel and i feel and i let the emotions wash over me, but i never let myself drown. my support system is there for me, and i know i can always lean on them, but i like to grieve fully and for as long as i need to. grief, like many other things, is not linear. it's not just "over" one day. it ebbs and flows, pushes and pulls.	
2022-06-18T16:00:41Z	Said I love you to the moon and back	Thought about my mom	Dwell and obsess until it overtakes me, then move on to the next thing	
2022-05-31T04:53:37Z	Does everything happen for a reason?	If it does, well, my God....	I... it's messy. It takes a couple years to get a look at it. Lots of music. Lots of walking.	

2022-07-08T15:08:12Z	Is , being of service, all I have to offer?	It is only when in service to others that I experience my true authentic nature. Being present of mind is the greatest gift you can give someone.	To cope with grief I journal to organize my thoughts and feelings. I create art as an expression. I read and meditate to help as well.	
2022-06-24T04:04:42Z	Does the boy you cried over silently watch your stories?	Every one of them	I'm learning how to process grief through self-forgiveness. Not going great so far.	
2022-04-22T18:20:31Z	Did you miss a deadline?	Yes	Burn the weed...	
2022-05-13T22:08:29Z	Does he think you're a person or a woman	Heavy question. But important question. Usually like a person unless he's mad at me. Then like a woman	Grief is impossible. It feels like being inhabited. It takes over. It masks itself as busyness, playfulness, drunkenness, sex. I try to forgive myself and remember that it will only pass when it passes and that I'm not in control of it.	
2022-07-17T20:46:29Z	Have you cried your eyes out?	Yep		
2022-04-23T21:10:18Z	Do you hide your feet under the covers?	Yes	I don't	
2022-06-15T17:02:53Z	What happens to the weakest link?	Eventually breaks apart but can be repaired. (Person will eventually break but then will learn from it).	I ignore it and don't address my feelings.	
2022-05-06T22:19:26Z	Have you cried your eyes put	No because I don't think it's productive	I don't	
2022-07-11T01:26:12Z	Are you happy to be alive?	Yes, life is a gift.	I don't. I let it wash over me like the waves of the Atlantic until I am almost drowning, and then I remember,	
2022-06-09T20:05:13Z	Do you hide your feet under the covers?	I want hot fries	This too shall pass. I cry and eat hot fries	
2022-07-11T02:54:25Z	What is the difference between a healing mechanism and a coping mechanism?	One is moving forward while the other helps you hide from the issue.		
2022-07-08T01:04:52Z	Have you ever cried your eyes out	Yes	Haha that's a loaded question!	
2022-06-29T19:57:16Z	Have you been surprised lately?	Yes	That's a tough question, I guess just by having hope that the future will be better than I think it would be. And a stoic appreciation of suffering.	
2022-05-06T00:40:11Z	Have you cried your eyes out?	Yes	Eating	
2022-06-25T21:40:05Z	Do you hide your feet under the covers?	I normally do but sometimes i do leave a foot hanging out.	Ignore it for so long untill it's right in front of you and to heavy to not. Then you feel it all.	
2022-05-08T11:52:39Z	when did you last clear your mind?	I breathe often...	Proper breathing, laughter, learning, and maybe for a deep loss write a choose your own adventure kind of story.	
2022-07-08T16:41:38Z	Does everything happen for a reason?	Yes, but reasons can be good or bad. So can everything that happens.	Not as well as I should, probably, but it depends on the day. Sometimes (usually) I ignore it, sometimes I just stew it in silently. I feel a lot of grief over worldly events and the society we could have had if things were different, better. I try not to personalize a lot of my grief, which sounds weird, but most of my feelings are directed at external things, even though i have plenty of personal loss to grieve as well.	
2022-06-18T16:56:09Z	Does everything happen for a reason?	Yes but I don't know what		
2022-05-18T18:13:50Z	Do you hide your feet under the covers?	Yes	Acknowledge that's it's true.	
2022-07-02T20:29:12Z	Have you cried your eyes out	yes, going to camp for 4 weeks and are overwhelmed with change and are homesick lol		

			I will drink 5 beers and go for a walk. Then if still sad, eat an edible. Then if still sad, stand naked in a dark room grimacing and slowly clenching and unclenching my fist.	
2022-05-26T03:36:02Z	Do you have a small dick?	Yes	Or pat Fez.	
2022-05-15T22:21:30Z	Did you miss a deadline? Will you remember in 5 years?	I already forgot the last one I missed ;)		
2022-06-22T19:43:35Z	Do you listen to the same music over and over?	Yes, absolutely	Not well... just in a depression spiral	
2022-06-06T14:56:16Z	What do I even want?	A quiet and calm environment and mind	I cry uncontrollably for days until I need to get back to life and then I try to never think of it again. Inevitably I will, sometimes years down the line, and grieve all over again because I didn't handle it properly to begin with.	
2022-04-24T14:22:02Z	Have you been surprised lately??	No	Prayer	
2022-05-11T21:39:37Z	Have you been hurt?	Yes, many times.	I stay in the present everyday for my dad because I know that's what he would want for me. Even tho it's so hard to live without him, I try to live every day to the fullest for him.	
2022-05-13T19:08:36Z	Are you hurting?	It depends		
2022-05-14T21:39:40Z	When did you last clear your mind?	Years ago	I was wondering who put it there!	
2022-07-07T22:18:05Z	do you hide your feet under the covers	yes	die	
2022-05-22T23:50:58Z	have you cried your eyes out?	yes	spend time with friends	
2022-06-16T19:34:57Z	Does everything happen for a reason	Yeah	By looking forward to the future, reminding myself of things I'm grateful for, and cherishing the present moment that I'm alive for.	
2022-06-27T21:44:21Z	Did you reconnect with a lover? was it a mistake?	no i did not	Drink	
2022-06-06T22:56:18Z	Have you been surprised lately?	Yes	Talking to people about it. Also people that stress going through it.	
2022-06-22T02:46:02Z	Do you listen to the same music over and over?	Yuppp. Honestly it's kind of a bad habit because I both get sick of the songs I'm listening to eventually AND I also am very slow to discover new music I might be into if I gave it a chance.	Poorly haha. I'm 24 and have nearly two decades of therapy under my belt. It's never easy but it does get easier.	
2022-06-14T23:12:50Z	Have you cried your eyes out?	You know it kid	Lmao very poorly apparently	
2022-06-15T15:47:45Z	Did you miss a deadline?	No	I don't.	
2022-07-02T20:28:14Z	Does everything happen for a reason	Yes, opportunities wouldn't come to you if you didn't deserve it and everything teaches you a lesson	crying and distractions	
2022-07-03T15:39:39Z	Do you hide your feet under the covers?	no ac, no covers.	I don't think I've ever had to grieve something significant. So I grieve tiny things, maybe too much and for too long. It helps me appreciate them more when they come, and recognize what's important when they go. Mostly, I write.	
2022-05-06T22:23:29Z	Do you hide your feet under the covers?	no if i wear socks, yes if i don't	eating chocolate icecream	
2022-04-29T17:02:11Z	Have you been surprised lately?	No	Drinks	
2022-06-11T19:35:40Z	Does he think you're a person or a woman?	He doesn't think I'm either	Weed	

2022-05-03T21:14:39Z	does everything happens for a reason	mmm, i'm not sure. I struggle to say that horrible things happen to people « for a reason, » but i think that everything that happens is a reason for growth.	I cope with grief by allowing it to move me the way it needs to. dance and movement has been very important for me in this so far	
2022-05-15T20:37:02Z	are you hurting?	yes.	smoke/drink til i fall asleep	
2022-06-05T15:21:48Z	Have you been hurt?	No	Playing sad songs and crying	
2022-06-04T20:48:15Z	Does everything happen for a reason?	Maybe		
2022-06-14T02:01:54Z	Are you fighting an uphill battle?	Aren't we all?	Love	
2022-07-07T04:51:00Z	Do the boys you cry about Silently watch your stories	No		
2022-06-19T13:11:19Z	Do you have a stuffed animal you love?	Yes. An old, tattered bear that was my son's when he was little.	I cope with grief spiritually by remembering that there is life beyond what our earthly understanding of life is. When a loved one dies, I truly believe they are reunited with those they love in another place and we one day will be reunited too. And I cry -	
2022-05-05T21:28:48Z	Are you fighting an uphill battle?	I've just reached a resolution with the hill	I make art	
2022-06-20T17:53:17Z	Have you been surprised lately?	Nope	It has been nearly two months since my brother died. I believe the world is violent and absurd. The love I have in my life reminds of the love I will never have again.	
2022-07-16T18:37:14Z	Do you feel like a compulsive witness?	Yes	Badly	
2022-07-09T18:01:06Z	Have blank blank your blank out?	Good question	Let it flow through me	
2022-05-01T20:24:04Z	Have you cried your eyes out?	Yes	I don't	
2022-07-24T13:53:29Z	what are you doing with your life	struggling to find my place in my dream career	cry. cry so much	
2022-06-19T15:52:05Z	What are you doing with your life?	Chillin wbu	Activity	
2022-06-28T18:10:44Z	Does everything happen for a reason?	I'd go mad thinking so	Hope	
2022-06-21T18:39:26Z	Are you in the thick of it?	Yes	I watch TV and cry	
2022-05-15T23:25:44Z	Have you been clearing up your mind lately?	Of course, every morning	Living it	
2022-07-23T20:39:29Z	tetris or chess	chess		
2022-06-10T18:47:47Z	Have you cried your eyes out	YES lol	I cope with grief by talking to friends, complaining, binge watching the shows, making art, crying, going on walks	
2022-06-04T16:32:36Z	What do I even want?	Appreciation	Doesnt bother me.	
2022-05-16T01:02:03Z	How does growth even happen	With care an patience	1 day at a time.	
2022-05-01T18:31:52Z	When did you last clear your mind?	When I recently went on a vacation to Puerto Peñasco, Mexico	Staying positive and understanding grief is the last act of love	
2022-07-09T22:05:38Z	Why did you take so much?	I needed it	I get very angry	
2022-05-30T00:11:34Z	Does everything happen for a reason	No, if by reason you mean an explanation that consoles		
2022-06-01T00:52:48Z	what's got you down?	a lot of things	comfort things: music, books, being alone, making food/snacks	
2022-05-01T22:13:06Z	Does everything happen for a reason?	No like, cause they try to tell you that bullshit, but shits random	Looking for ghosts	
2022-06-04T21:34:13Z	Have you cried your eyes out?	Yes	Being outdoors, seeing the ocean, talking to friends.	
2022-06-03T23:45:24Z	Have you cried your eyes out?	I have before	Music, and crying it out	
2022-05-31T15:20:30Z	Are you fighting an uphill battle?	I thought the ghost was cute and scanned the code.		

2022-06-05T19:25:35Z	Do you sleep with your feet under the covers?	Yes, all the time!	Sleeping, journaling, spending time alone	
2022-06-11T19:13:14Z	Don't you have enough?	Not blooming likely		
2022-04-15T12:49:42Z	Have you been surprised lately? Yes! I was walking in the woods by an abandoned building and I found a ring in the shape of an arrow that wraps around my finger. Inside was inscribed the word Loved. It fit me perfectly. It reminded me of my Covid mantra, "I am here, I am enough, I am loved"	Chocolate, lots and lots of chocolate, and art.		
2022-05-25T00:13:50Z	Does everything happen for a reason?	I said absolutely!		
2022-06-25T03:17:26Z	have you cried your eyes out	absolutely and many times this year	taking time to feel my sadness, journaling, talking w friends and family, and making meaning from it <3	
2022-04-16T04:35:34Z	Have you been hurt?	Yes, I have. Many times, with many different people- a lot of them close to me. Most of the time, when I am hurt, I internalize it and feel that it's my fault and that I deserve the pain. It's an ongoing struggle :)	I don't know. Most of the time I cry in the moment and then push the feeling down til I can't feel it any longer. Whenever the subject of a particular moment of grief or heartbreak comes up, I could either be dismissive and apathetic or completely break down.	
2022-06-18T11:00:26Z	Are you fighting an uphill battle?	Yes	Exercise, equanimity, and friends. Basically the main things keeping me going at this point. Sooner or later your memories soften and it gets easier	
2022-05-13T19:24:47Z	Is it actual trauma or just growing pains?	Trauma is subjective to the person who lives. Trauma and growing pains are inherent to humans. It doesn't matter the difference, it doesn't matter what you call it, all that matters is that you deal with it properly and get over the worst part of pain.	Grief sparks in my life way too often. Which is why I distract myself on things I like to enjoy, even if I am not enjoying it to the fullest capacity. I also have been talking to people about my feelings. Getting too set on grief will only make your feelings worse but if you try and deal with it, analyze it and accept the truths, the circumstances, the harmful ideas that are not true in your mind, grief will be easier to deal with. I get trapped in my own mind about negative things and it's not good.	
2022-05-24T02:06:40Z	have you cried your eyes out?	i have	surround myself with people i care about	
2022-07-16T20:41:54Z	Are you fighting an uphill battle?	Yes	Try and pretend it doesn't exist until I explode. I need to learn how to cope better.	
2022-05-03T18:32:26Z	Have you been surprised lately?	Yes		
2022-05-06T22:21:33Z	Does everything happen for a reason?	No	I try to love more.	
2022-04-21T23:23:19Z	Do you hide your feet under the covers?	Yes I do		
2022-05-14T19:00:33Z	Do you catch my drift?	Depends	That's difficult to answer. I've personally never dealt with grief in my life.	
2022-06-13T01:28:52Z	Have you cried your eyes out?	No	Cry; talk to friends & family	
2022-06-14T20:22:40Z	Does everything happen for a reason?	Yes	Shut myself off from the world. Take some time to myself	
2022-06-16T17:20:58Z	Is anyone else getting really worried about climate change?	Yes, like really really worried.	I cope with grief by crying and lamenting and hugging my most loved ones close	
2022-07-06T11:46:29Z	Does everything happen for a reason?	No, life is totally random and chaotic, but we try to deal with that by making sense out of it all.	Long, quiet, solitary walks on the beach looking for seaglass.	
2022-06-07T17:59:23Z	Have you cried your eyes out yet	Yea	I cry	

2022-05-12T19:42:54Z	Does everything happen for a reason?	Yes, I'd like to believe so	I think just giving things time, and like above, believing that things work out as they should. Or at least trying to	
2022-07-11T14:16:06Z	Have you cried your eyes out?	Very much so	Time and coping. Time heals all wounds, ultimately.	
2022-06-22T12:21:08Z	Do you have a chess mindset or a Tetris mindset?	Tetris	Sleeping, watching DS9, walking. And whiskey.	
2022-05-05T23:55:39Z	Have you been surprised lately?	No, but now I am	Que	
2022-05-12T14:23:35Z	Are you fighting an uphill battle	Yes	Yoga	
2022-05-15T04:32:25Z	Do you hide your feet under the covers? Why?	Cold!	Books and friends	
2022-06-15T20:24:10Z	Does the boy you cried about silently watch your stories	All the time	Mainly drugs and alcoholism	
2022-07-09T18:44:38Z	Have you cried your eyes out?	Yes.	I accept that it happened.	
2022-06-20T17:09:46Z	Does it inspire anxiety and [something] you look [worse?] How numbing.	yes	through telling stories of the people i've lost, laughter and tears	
2022-06-23T23:40:38Z	does power still seem attractive	helllll no, but also systemic change is cool too	not well	
2022-06-12T22:28:31Z	Are you happy to be alive? Tell me what has you down my friend.	No I'm not. The pain of always losing out on love makes me think I will never be enough.	I bury myself in work to keep my mind distracted from the dark, sad thoughts.	
2022-05-01T21:20:08Z	Have you been surprised lately?	No, I haven't, unfortunately	I cope by trying to stay as present as I can and let myself feel all of the emotions that come through. It's been my lesson to let grief through rather than suppress it.	
2022-04-29T22:14:06Z	Have you been hurt?	Yes	Meditation Friends Love Joy Time Perspective Journaling Crying	
2022-05-08T22:07:11Z	Have you been hurt? Everything happens for a reason.	Yes, I am broken.	Exercising, reading, eating foods that bring me joy, painting, seeing friends and family.	
2022-06-14T03:41:22Z	Are you happy right now?	I think so! I'm in between stages in my life, it feels pretty scary but I'm excited for opportunities.		
2022-06-17T17:14:51Z	Do you catch my drift?	Yes, with a butterfly net		
2022-06-14T00:33:17Z	Does it inspire anxiety and yet you look anyways?	Yes	I don't unfortunately :(
2022-07-24T16:36:41Z	Have you cried your eyes out?	Yes, but I don't very often. It comes in bursts. I will be fine for a long time and then I will sob.	I cope with grief through therapy, exercise, praying, and journaling. I hit a very low point and that forced me to try healthy methods of coping. I try to be gentle with myself because grief is not linear in recovery, but it's hard to not be self critical.	
2022-07-02T23:18:28Z	Have you cried your eyes out?	Of course	Distraction till they become the center piece.	
2022-07-10T18:34:31Z	Have you cried your eyes out	All the time	Not very well. Usually involves a lot of crying and confusion.	
2022-05-30T19:31:17Z	Does the boy you cried about silently watch your stories	Yes	Ride it out	
2022-04-27T21:31:31Z	Do you hide your feet under the covers?	No	I don't	

2022-06-30T18:31:11Z	Have you cried your out?	Yes		
			Honestly, One of my bad habits is pushing my feelings away when they come up, and trying to convince myself I'm okay to get rid of the uncomfortable feeling as soon as I can. I'm really trying to move past this though as it's a really toxic habit for myself and in general. Feeling emotions of all kinds is all part of what being human is about, so the longer you push emotions away, the harder they're gonna come back up to be released. Emotions only come up bc your body is trying to feel it and get rid of it. If you convince yourself you don't feel a certain way or make yourself feel bad for feeling those emotions, you're just keeping yourself miserable and keeping them stagnant in your body. I've been trying to allow my emotions to flow through me as they come up, and not attach any value to them. Or if they do have value Not everything you think has meaning anyway, especially shit like intrusive thoughts. Don't believe everything you think	
2022-05-02T23:34:44Z	Have you been surprised lately?	Honestly yeah the universe sends me specific signs all the time		
2022-05-11T17:40:44Z	Do you hide your feet under the covers?	Yes		
2022-07-04T21:46:57Z	Are you glued to your screen	Heck yeah		
2022-06-30T21:28:55Z	When was the last time you cleared your mind?	Right now as I'm walking around the neighborhood on the shaded side of the street with a cool breeze between me	I don't know how	
2022-07-07T00:02:13Z	Did you ever reconnect with a lover	Yes, only if it's someone you ebbed away from but always still had feelings for. Reconnect and see what plays out. I did and I'm in so much love it's wonderful	Day by day, it fades. But sometimes you still feel the full weight and that's ok. Drop what you're doing and sob, process it, love your life for the people you lost	
2022-06-28T21:25:00Z	Have you ever cried your eyes out?	yes	sleeping it off	
2022-04-29T20:31:16Z	Have you been hurt?	Yes, by actions and inactions	I avoid until I am alone and then try to remember the good. And cry. (in the shower is best)	
2022-05-03T11:44:07Z	Does everything happen for a reason	No but we only control our thoughts and actions		
2022-07-06T23:13:47Z	Does everything happen for a reason	Yes	Talking to others close to the situation	
2022-06-21T18:49:02Z	does the boy you cried about silently watch your stories?	yeah	sex	
2022-06-19T22:02:07Z	Have you been surprised lately	I guess so, I was surprisingly proud of myself for making a difference this year for my students.	Internally, but also by acknowledging it. You need to allow yourself to feel.	
2022-04-30T17:55:26Z	Do you hide your feet under the covers? Why? I don't bite come find me.	I think I haven't been to the right place yet, I can't find you!	With sarcasm.	
2022-05-19T23:00:06Z	Have you been surprised lately	Yes every day	I exccercise an don't eat pork eat birch	
2022-07-06T16:46:34Z	Do you feel like a compulsive witness	Absolutely	Surrender my desire to change what has happened and feel comfort in knowing there is beauty in pain.	
2022-04-28T19:33:37Z	What ghostie is hiding in the woods	Pink bird	I weep	
2022-05-13T22:29:06Z	I can't remember something about trauma :(Probably	I don't	
2022-07-10T18:43:17Z	It's all about balance and variety sometimes leaning into one particular thing to hard can throw u off balance	Good food good weed and a hot bath		

2022-06-13T23:09:46Z	Have you cried your eyes out?	I cried my eyes out just yesterday. Decided to take a spontaneous trip. Went to the airport and chose a place based on open seats. Now enjoying Burlington, Vermont for the very first time.		
2022-05-28T00:04:48Z	Did you miss a deadline	I took a picture of it		
2022-07-07T15:00:34Z	Have you cried your eyes out?	Every day of my life	I take it day by day.	
2022-06-30T20:20:46Z	Have you cried your eyes out	Me too	Bring tissues	
2022-07-02T18:31:38Z	Do you hide your feet under the covers?	No, I let em chompers free	How do you ask for a second chance when you've fucked up everything so bad?	
2022-07-11T16:14:57Z	Does everything happen for a reason	Yes	I don't.	
2022-05-06T20:05:55Z	Have you cried your eyes out?	Yes	Poorly	
2022-05-24T22:11:33Z	have you cried your eyes out?	every day	feel it out, don't hold it in. "what's grief if not love persevering?"	
2022-07-11T12:37:09Z	Are you happy to be alive?	I took a picture.	I rest and do the bare minimum. I let myself feel very very sad.	
2022-05-09T23:42:58Z	Do you hide your feet under the covers	Yes	Weed and alcohol lets get turnt mother fucker	
2022-05-29T18:11:03Z	Do you hide your feet under the covers	no		
2022-06-04T02:20:29Z	What gift has animals give you	What is this	Try to find positives in memories	
2022-04-29T17:02:10Z	Have you been surprised lately?	No	Humor	
2022-07-02T23:03:03Z	Have you cried your eyes out	Yea	I dont	
2022-07-20T23:29:33Z	If you're feeling lonely, come sit with me.	Sounds good ghostie	Walk every ounce of it out of my system. Marcus Aurelius once said there is not one thought you cannot walk yourself out of.	
2022-04-30T20:15:35Z	Does everything happen for a reason	Yes	Cry	
2022-06-11T17:56:38Z	Have you cried your eyes out?	Yes	I cry, I wallow, and I remember. Then I count my blessings and move on.	
2022-06-05T00:48:28Z	Does the boy you cried about silently watch your stories?	No.		
2022-06-11T17:35:24Z	Does everything happen for a reason?	No, but it's up to us to make the most of whatever happens.	Take a long walk. Make a playlist. Talk to my mom.	
2022-07-05T22:36:54Z	Are you fighting an uphill battle?	Taking the detour	Distracting myself as best as I can	
2022-05-01T14:40:31Z	When is the last time you cleared your mind	Last weekend	Ignore it and then treat myself with me time	
2022-05-27T20:30:31Z	To what end, and what do you even want?	I don't know what I want to be honest		
2022-05-20T23:28:33Z	When did you last clear your mind?	Today	Cry	
2022-06-29T01:10:27Z	Do you pay too much attention to others?	Ever heard of "Mindya"?	Over time. In bits and pieces. From different angles. Only to come to the conclusion to accept what is and what was.	
2022-05-03T23:31:52Z	When did you last clear your mind?	Last Saturday, when I was with someone I feel myself falling in love with.	Friends. Writing poetry, Cigarettes.	
2022-06-22T20:03:06Z	Does power still seem attractive?	Yes and no. Power would solve a lot of my problems, but there is a certain melancholic freedom in being small and without power.	I don't, I think I'm always grieving	
2022-05-04T20:44:23Z	have you cried your eyes out?	yes	distractions	
2022-07-16T22:18:29Z	To what end	Till I die	I eat	
2022-05-31T15:40:01Z	Have you been surprised lately?	Eh, kinda	I break it down into its proper components and approach each one as they require	
2022-06-26T13:37:27Z	What gifts have animals given you?	Gift of unconditional love and emotional support.	I compartmentalize and save the grieving for later.	

2022-07-07T11:41:58Z	Does everything happen for a reason.	As time flows, things happen. Trying to discern the logic or patterns can be a challenge. There is an interconnectedness that appears random most of the time.		
2022-05-26T20:57:24Z	Does everything happen for a reason?	No, there's no bigger picture, but you have to act like there is or you look like an asshole.		
2022-06-19T22:23:33Z	Are you alone under the covers?	I am with my close friend		
2022-06-21T22:21:40Z	Did you miss a deadline? Will you remember in 5 years?	I likely won't remember, and if I do it won't feel as painful.	Community.	
2022-06-20T16:28:26Z	Have you been suprised lately?	No	Not great. Just feel sorry for myself. Then I force myself out of the house and drinl coffee and read and stuff in public places.	
2022-05-01T18:30:23Z	When did you last clear your mind?	Two nights ago, I got drunk and painted alone and it was freeing	Usually I paint	
2022-05-01T17:33:49Z	Are you in an uphill battle?	Yes. Harvard is a hell hole.	Not very well. I cry alone and with others. Community is how I cope I guess.	
2022-04-25T21:52:37Z	Have you been surprised lately?	No	Cry and pray	
2022-05-15T19:01:12Z	have you cried your eyes out?	yes	i dont	
2022-05-25T21:22:17Z	Do u feel under the covers	Yes	being alone	
2022-05-30T13:48:58Z	Have you cried your eyes out?	Absolutely	I talk to friends about it and share what thoughts are racing through my head.	
2022-07-01T18:22:50Z	Have you cried your eyes out?	Yes	Humor	
2022-05-03T19:39:31Z	Are you fighting an uphill battle?	Yes, it feels like it sometimes	Music, talking to loved ones, being outside, therapy	
2022-06-03T21:11:07Z	are you starved for inspiration	i took a picture of the poster	put it in a box and "forget" sometimes i feel it so HARD also sadness is okay too	
2022-05-14T23:07:35Z	Have you been surprised lately?	Not really	I spend a lot of time alone. I'm my favorite company so it works out. I try to let myself feel all the extent of grief I can but escapism always comes. Music helps with grief. Angry metal seems to help let it out. I've become to comfortable in grief. Learning to let it pass far to hard for me. Id rather sit in it.	
2022-06-25T23:23:29Z	Have you lost a love one?	Yes	I don't	
2022-04-30T19:26:06Z	Does everything happen for a reason?	Possibly	Cry	
2022-07-11T14:06:15Z	What are you doing with your life?	I don't know		
2022-06-10T22:08:30Z	Did you reconnect with a lover and if it was a mistake	Yes, it was a mistake..or atleast not the right time		
2022-07-22T16:13:43Z	Are you in the thick of it? Do you feel like a compulsive witness?	I've been trying to unplug enough to still know what's going on, w/o doomscrolling	Tbh with lots of repression and compartmentalization. But I'm trying to stay involved with my communities, so we can share our grief and find ways to address it. Btw, RIP Saint, and every other trans person who was just trying to make it through life until things got too hard <3	
2022-05-23T21:27:18Z	do you hide your feet under the covers	yea	just try to forget	
2022-04-28T20:36:07Z	How do you cope with grief?	I'm not sure		
2022-07-07T23:59:48Z	Does everything happen for a reason?	Sure, why not...		

2022-06-06T20:04:28Z	Have you been surprised lately?	Not really	I find showing emotion or expressing it rather difficult. I'd say I mainly get upset and cry over whatever it is ...	
2022-05-13T20:10:18Z	are you hurting	I do, not as much as before.	I talk to my friend sometimes, i used to do some unhealthy things.	
2022-05-01T19:45:23Z	Have you been surprised lately	Yeah	Friends and family	
2022-05-07T04:25:39Z	Will you remember in 5 years	Yes we will		
2022-06-15T17:45:36Z	Have you been hurt?	Yeah	I love someone	
2022-06-14T19:43:24Z	Are you in the thick of it?	Always	Coping from grief is different than growing from it. I have coped with grief by trying to distance myself from it and instead create new life paths that help distract me. I've learned that that doesn't heal the grief, it will still be there when you come back to it.	
2022-05-07T22:24:30Z	Did you miss a deadline?	No	I usually cry	
2022-06-27T20:32:13Z	Does the boy you cried about silently watch your stories?	Yes	i blocked him	
2022-05-15T14:42:48Z	When did you last clear your mind?	The last moment between wakefulness and sleep approximately one week ago	Music, movement, and, unfortunately, isolation	
2022-07-16T19:42:37Z	Have you cried your eyes out?	Yes of course	Take walks in the woods, listen to sad music, therapy	
2022-05-30T16:58:13Z	Have you cried your eyes out?	Yes	Crying my eyes out, but it doesn't help.	
2022-04-18T18:23:10Z	Did you miss a deadline? Will you remember in five years?	Missed a deadline but it's not important, life is too short	Sharing memories	
2022-05-08T02:05:44Z	Did you miss a deadline to an assignment? Will you remember in five years?	Maybe, depends on the assignment		
2022-07-07T00:49:18Z	Have you cried your eyes out?	Fuck yeah!	I don't	
2022-07-10T13:03:06Z	does everything happen for a reason?	no, but it can all lead somewhere good :)		
2022-05-08T12:19:47Z	Have you been surprised lately?	Me neither. Come find me.		
2022-07-17T23:43:19Z	Have you cried your eyes out?	Said yes and took a photo	Friend listens to sad music, cries and eats chocolate. I get sad and angry and then eat to numb.	
2022-06-24T22:58:49Z	Do you listen to the same music over and over again?	Yes absolutely, just did that this week	independent mourning, self reflection, isolation and meditation	
2022-06-26T16:30:54Z	Have you cried your eyes out	At least twice a week	Making everything into a joke	
2022-07-10T15:29:45Z	How does growth even happen?	One day at a time		
2022-06-26T01:26:00Z	Are you hurting	Maybe		
2022-07-05T02:44:24Z	Have you cried your eyes out?	Yes. Every day since June 24th.	Okay	
2022-05-15T20:05:23Z	Do you hide your feet under the covers?	Of course any sane person would		
2022-07-07T00:35:26Z	Do you hide your feet under the covers?	Maybe i do		
2022-05-18T19:17:44Z	when was the last time you cleared your mind?	i said probably yesterday		
2022-05-15T23:41:05Z	Does it inspire anxiety and yet you look anyways?	Maybe we can overcome it by facing it.	I guess you remember how good those people were and that they will always look out for you.	
2022-06-22T00:40:50Z	Are you fighting an uphill battle?	I'm not sure	Time	
2022-05-22T19:00:34Z	Can we all just agree that America is a touristy...	I didn't. But it caught my attention.	I meditate. I journal. I allow myself to feel all the feelings and use my support system when I feel myself being swallowed by it.	
2022-06-23T20:04:55Z	Is the body dysmorphia so bad you just want to hide under a sheet?	Get three sheets to the wind		
2022-04-26T13:52:25Z	Are you fighting an up hill battle?	"Perfect day to see something like this"	Just grind through it	

2022-05-30T22:15:10Z	Have you been surprised lately?	I hope this isn't a dick pic	Time. Sleep. Gentleness with myself and others as much as possible. Removing myself away from others' insertions into my grief. Honoring my own process and timeline. The gift of quiet, of stillness, of surrender to the emotions. OR, I go hike.
2022-05-08T15:32:12Z	Have you been surprised lately	Yes	Tiktok and therapy
2022-04-23T21:47:49Z	Have you been surprised lately?	Yes	You dont
2022-04-26T21:44:40Z	Are you hurting?	N/A	Relaxing, remembering how it's nothing compared to the world.
2022-04-30T23:42:11Z	Are you fighting an uphill battle?	Yes	By spending time with people who make me happy
2022-06-07T22:33:14Z	Are you happy to be alive	Food does	
2022-04-27T21:36:42Z	I made the posters	I suppose I feel like I'm above responding to any of these prompts	I don't even know how to identify my emotions I can barely pay a parking ticket I don't know
2022-06-25T03:15:39Z	have you cried your eyes out?	absolutely and many times this year	taking the time to feel my sadness, journaling, talking with family and friends, and making meaning out of it <3
2022-06-01T00:54:03Z	are you happy to be alive?	sometimes	comfort things: music, books, making food/snacks, being alone
2022-05-31T16:48:36Z	Have you been hurt?	Yeah. I recently had to give space to a best friend. She hasn't texted me in a month and a half. Something in me knows she will come back. But dealing with the "loss" of a friend hurts. I am sure everything happens for a reason. I just need to have faith no matter what the outcome is. That in hindsight, this will all be for my good. That this Universe is grounded in love and compassion. It is not here to punish or hurt us but rather prepare us for the position it has in store for us.	I have never coped with grief yet. You can say the most similar thing I have coped with is "loss" in terms of friendship or people close to me. To cope with it, I just have absolute faith and surrender. It would be an insult to someone to say that this is all God's plan to someone coping with grief. I am very spiritual and love God to the utmost of my heart. But if anything, I just want to say that anyone coping with grief, please know and remember that love comes around. That love or friendship you loss comes back around either on a different form or the same form but stronger. Whoever is dealing with grief right now, I pray that you will find that love, even if it's with me in this little comment. Love you my friend
2022-05-17T20:37:37Z	Does the boy you cried about silently watch your stories?	I don't cry about boys lol	I try to let my emotions out instead of hiding it. If someone I care about is willing to listen, then I reach out to talk about it for a bit. Sometimes journaling helps too.
2022-05-11T21:15:59Z	Do you hide your feet under the covers	No	I think about a thing I like.
2022-07-10T00:36:38Z	Does everything happen for a reason?	Yes , everything does	I try to spend time with those who love me but sometimes it's hard to know who truly loves you.
2022-07-13T22:53:25Z	Does everything happen for a reason	Yes, how else do we learn to improve.	I cry.
2022-07-20T02:37:58Z	Is it trauma or is it growing pain?	I think trauma is the base of the growing pain and because of this reaction and feelings we just learn new things	I think I do it well, is some thing hard to accept, but is part of the life and although I don't want to recognize it is a pain that I need yo go through
2022-06-03T12:52:12Z	Does the boy who you cry about watch your stories	no thank goodness	By planting seeds and writing stories
2022-06-11T19:34:07Z	have you cried your eyes out?	yes	crying
2022-06-26T23:49:01Z	Have you cried you eyes out	Yea	Drunkenness

2022-06-01T11:28:41Z	Have you ever cried your eyes out?	yes, and it is something I had to learn to do because I never learned to release my emotions growing up.	Movement to release emotion from my body, i.e. dancing, running	
2022-06-20T00:50:31Z	Have you cried your eyes out?	Yes, recently bc of a friend	Talking to the people in my life that I can count on and show me support and love through difficult times	
2022-04-30T19:53:36Z	Did you cry your eyes out?	Yes, because my wife wants to sleep with other people and not with me and wants to separate	I cope with grief by talking to a friend or my mom. I cry. I walk. I listen to podcasts. I try to learn how to meditate and pray. I want to stop the grief and I fail at all of these things and still I grieve. I keep looking for a way to heal.	
2022-07-09T23:12:33Z	Do you hide your feet under the covers?	Of course! I am shy	Listening to sad music and crying. Because sad music is the best when you are sad!	
2022-05-02T13:22:22Z	Does everything happen for a reason?	No. Too much suffering exists to rationalize it with this logic.	I cope by finding joy in moments. The experiential self is capable finding immense joy and happiness even if a much greater sadness plagues you.	
2022-06-18T22:08:17Z	Did you reconnect with a lover? Was it a mistake?	Yes :(I wish it would've worked out, I'll miss him <3	Watching Tik toks and crying	
2022-04-26T00:33:17Z	Have you cried your eyes out	Yes	Hmmm	
2022-05-07T17:15:24Z	Have you cried your eyes out?	Yes...	There's nothing you can do but cry and laugh and cry at yourself laughing and crying at the same time and then laugh for the same reason.	
2022-05-07T04:33:52Z	Will you remember in 5 years	Wewill		
2022-05-04T20:52:42Z	have you cried your eyes out?	fuck yeah recently	i try to recenter myself by remembering where i am and my surroundings and then do whatever brings me comfort (usually either being under a pile of blankets or chain smoking and driving as far north or west as i can stand)	