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The Possibilities Are Endless

Lauren With A Side of Lewy

*by Lauren U,
PAC Core Team*

After nine weeks, and with three fractures, finally I am able to get out of bed. It has been a long stretch of time, and I am healing. Thank you for all of your kind wishes. It is still not easy, and it is not fun. But gosh darn it, it is possible!

What else is possible?

Kindness is possible.

Humor is possible.

Dignity is possible.

Friendship is possible.

Love is possible.

Acceptance is possible.

Compassion is possible.

Fun is possible.

Respect is possible.

Inclusion is possible.

Adventure is possible.

Forgiveness is possible.

Honesty is possible.

Understanding is possible.

Patience is possible.

What more is possible?

Anger is possible.

Frustration is possible.

Impatience is possible.

Blame is possible.

Deception is possible.

Hatred is possible.

Shame is possible.

Disrespect is possible.

Shame is possible.

Discrimination is possible.

Loneliness is possible.

Isolation is possible.

Despair is possible.

We choose for ourselves several times a day. Sometimes we must choose for others.
What will I choose today?