THOUGHTS

by The Agape Girls

My mind is filled with random thoughts.

The fresh grass reminds me of summer on the lake.

My blanket is soft.

There are a lot of old people in the world.

I am hopeful that I will get all my credits for my sophomore year.

The chocolate cake on the counter is seductive.

Some people are very creative.

It’s fun to chill with the girls.

Negativity creeps in slowly.

Why did she think it would be a good idea to use that word in her collage?

My personality is dark and scary.

Anorexia Nervosa makes me look a sickly shade of grey.

I have crippling depression.

I am clumsy.

I become aware of the direction of my thoughts and I CAN change them.

I try to be strong when people hurt me.

I think I have natural beauty.

I am a compassionate person when it comes to kids.

A step closer to the truth.

I am no longer a victim because now I am a survivor.

I am a very loving person.

My thoughts, they are empowering.

I AM beautiful and that’s a fact.

I AM grand, so I can do anything.

I AM determined to beat my eating disorder.

I AM purposeful, because I do my work in an orderly fashion.

I AM a helpful person.

I AM fun.

I AM brave.

I AM adventurous.

I AM magnificent

I AM funny.

I AM UNIQUE AND THERE WILL NEVER BE ANYONE LIKE ME.