



**BEGONE  
THOUGHT**

**BY ALICIA CARDELL**

I FIND THAT WHEN

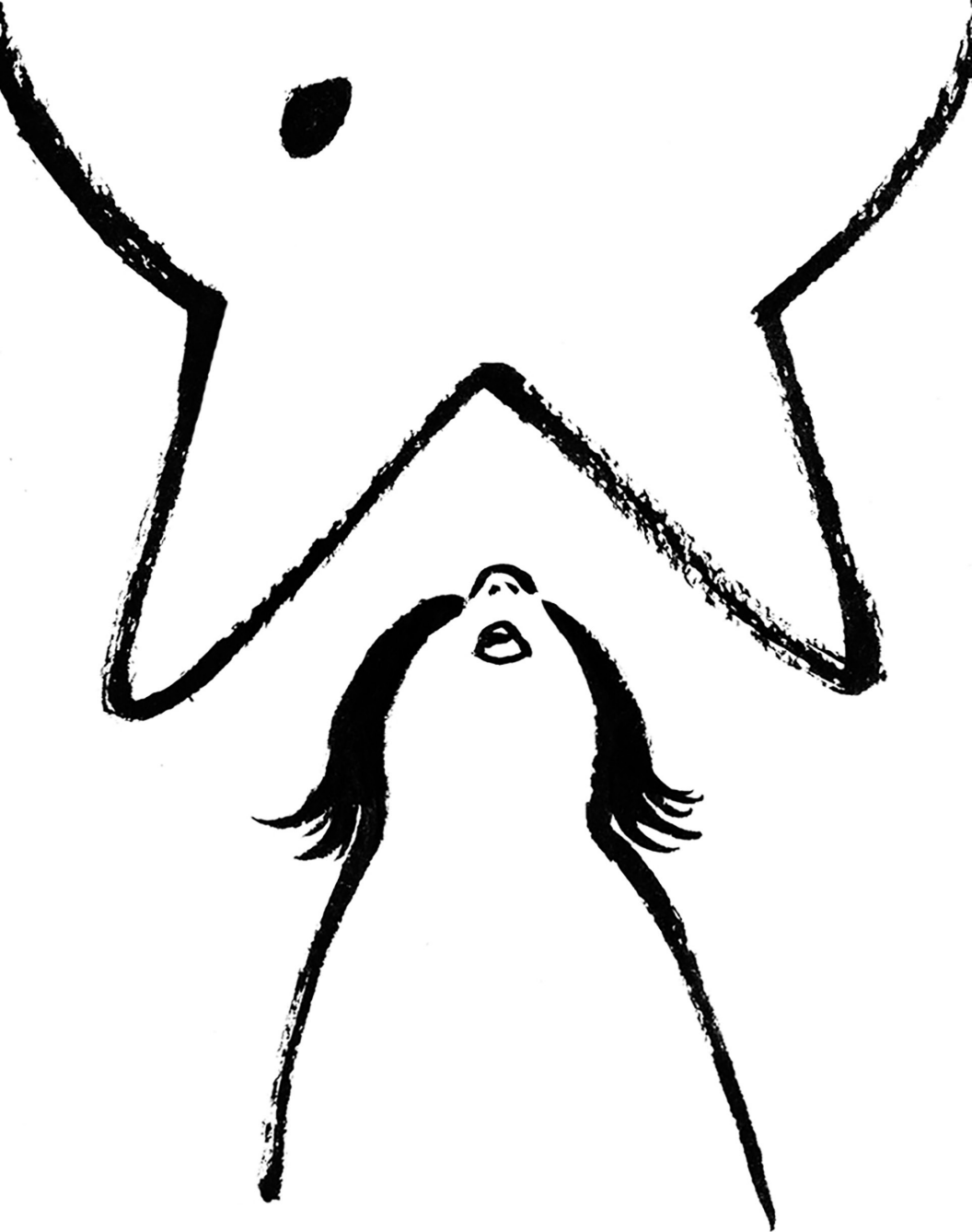


I RESIST THE NEGATIVE CHATTER





IN MY OWN HEAD

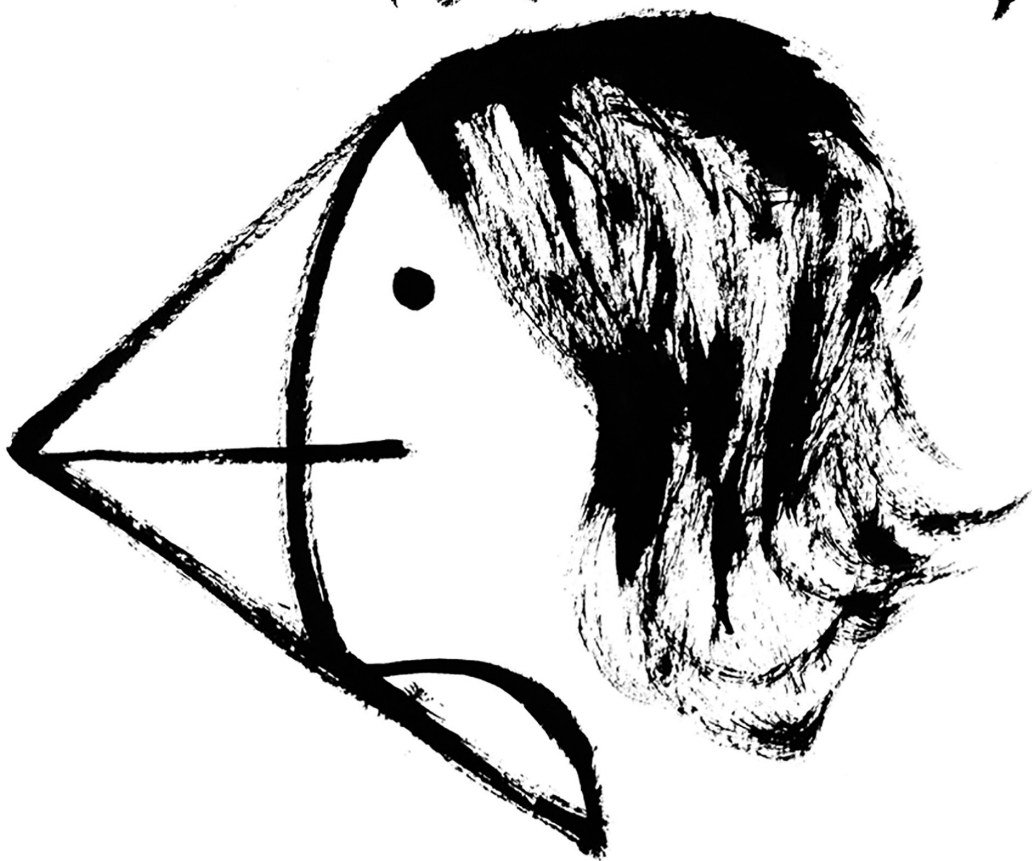


IT GROWS AND  
OVERWHELMS  
ME

BUT!



WHEN I STOP  
IDENTIFYING WITH IT  
AND MISTAKING IT  
FOR WHO I AM,



IT GIVES ME  
SPACE...

TO BE WITH IT AND ALLOW IT  
TO NATURALLY DIMINISH.

TO HONOR WHO I AM  
AND WHERE I AM RIGHT

N O W.

