

WHAT THEY TOLD ME I HAD

major depression
bipolar type II
agoraphobia
social anxiety
panic disorder
avoidant personality
disorder
PTSD
impulse control
disorder
dissociation
ADD

WHAT I ACTUALLY HAD

unresolved trauma
nutritional imbalances
lack of purpose
lack of nature
lack of boundaries
lack of community
lack of healthy coping
tools
exceptional creativity
intuitive abilities

@HOLLYFISHERHIGGINS