

against all odds

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a story about how i came back to myself

what i always dreamed of

slovak, brunette version of hannah montana

anybody else, but me

my authentic self

bratislava
june 17, 2001
3:40 a.m.

picture perfect family, singing with my dad
& making up my own little songs

singing & piano lessons

loud, opinionated and extroverted

everything seemed perfect

everything, except...

elementary school

you are too much

you speak too much

you ask too many questions

you make the class laugh too much

you think about "stupid things" too often

YOU ARE TOO MUCH!

there's something wrong with me

i should be less

i am not enough

not smart enough

not pretty enough

not interesting enough

not ambitious enough

not talented enough

not good enough

my high school (definitely not) musical

science & business over art

anxiety

irrational fear and stress

body dysmorphia

eating disorder

self-destructive thoughts and behaviors

issues with functioning properly & losing my voice

a complete 180

almost gave up on my dream

completely gave up on myself

unworthy of seeking help

no right to complain

i remained silent

i want to be a psychologist, a politician, a lawyer or
a biologist

career crisis in the middle of a global pandemic

too ~~hot~~ difficult to handle

*once you step out of your comfort zone, that's when
all the miracles start to happen*

superstar

giving my biggest dream another shot

i didn't win

i broke down

i officially gave up on music

why should I be enough for anything or anybody,
when I wasn't enough for the judges

8 months without music

eri <3

i didn't want to disappoint a friend,
yet i had zero expectations

illuminate

a group of young people, who all believe in me

there was nothing to believe in

i was my #1 hater

therapy

who is angelika?

all the therapies

psychological

regressive

energetic

life coaching

healing my relationship with family

friends

those who broke my heart

food

art

my inner child

the relationship with myself

unless I get to know myself

my heart and soul's biggest desires

unless i learn how to navigate a healthy inner
monologue with myself

how to feel empathy and love for myself

how support myself from within

i will never move forward

messenger of god

i want to try my best at therapy

i am doing it for me

i am doing it for all those, who feel..

lost

broken

lonely

hopeless

misunderstood

afraid

for all those, who don't feel good enough

whose biggest obstacle in fulfilling their dream, is
their own mind

who don't believe in themselves

who don't love themselves

who are afraid to be their authentic self

it gets hard sometimes, but it is so worth it

despite all the fear

all the trauma

all the pain

all the feelings of unworthiness and doubt

it is worth it

you and your dreams are worth it too

against all odds.

thank you, byeeee!!