

## Coming out of the Fog: Ingredient List

### Wet Ingredients

5 c. tears  
1 tsp. of anger  
2 tbsp of ocean  
1 tsp. of anger  
10 c. long conversations with your friends

### Dry Ingredients

30 c. searching online for adoptees  
17 c. of coming out  
 $\frac{1}{4}$  tsp of cayenne  
2 heaping pinches of blogging your truth  
 $\frac{1}{2}$  tbsp of watching *Twinsters* (again)  
100 years of searching for your birth records