

you're not broken

Last night I broke my website. Resilient, that is.

And I was really upset. Because I was worried that people would see it [and judge me], and I was upset because it wasn't the first time I'd broken it. More like the hundredth.

I spent eight hours programming yesterday and all I managed to accomplish was digging myself into an even deeper hole.

But this morning I dug myself out.

It's amazing how much giving yourself a few hours or a day to think things over can change your perspective and open up new possibilities.

And I realized, sometime during the time when I fixed it this morning, that it was never really broken at all. And what I first thought to be hopeless wasn't after all - the answers were just hiding a layer deeper.

I believe the same thing about human beings. **You're not broken, beautiful, you just need to see yourself in a new light.**

Because when something appears hopeless on the outside, it's not. The answers are just hiding a layer deeper.

Did you ever see the movie The Pursuit of Happyness? All through that movie, I was really worried for Will Smith's character. Because I believed, as the movie wanted us to believe, that things were hopeless. But his character never gave up hope. By the end of the movie, he had turned his life around from being homeless on the streets to getting a job as a stock broker.

So instead of thinking about things the way you always have, how can you see this situation differently? If you were a happy version of yourself, how would you approach this?

Sometimes it's all a matter of seeing things in a different light.

your friend in recovery,

**Katie Harp
Founder, Resilient**

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