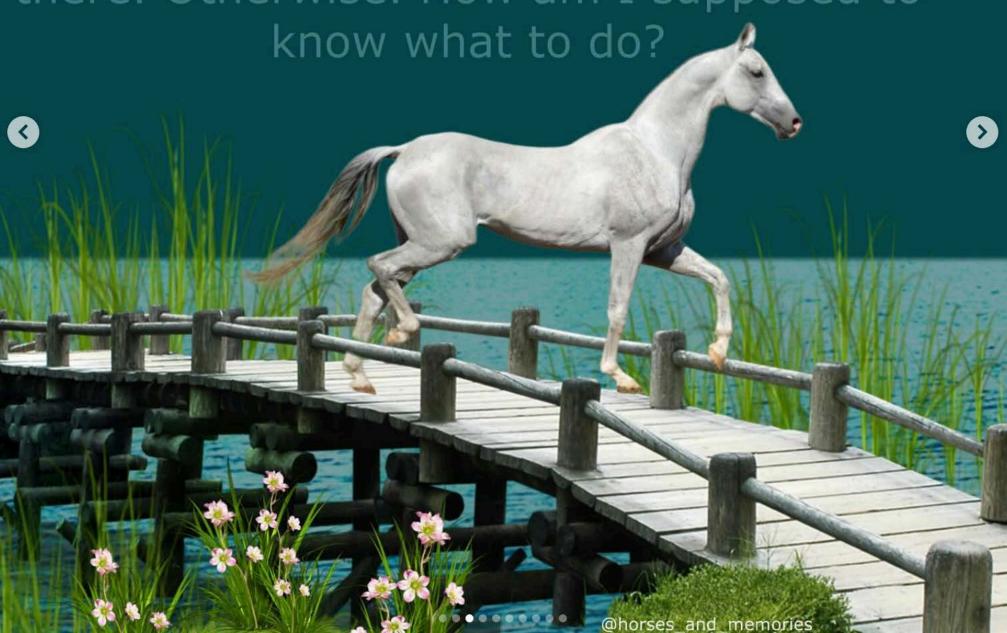
What if this happens?

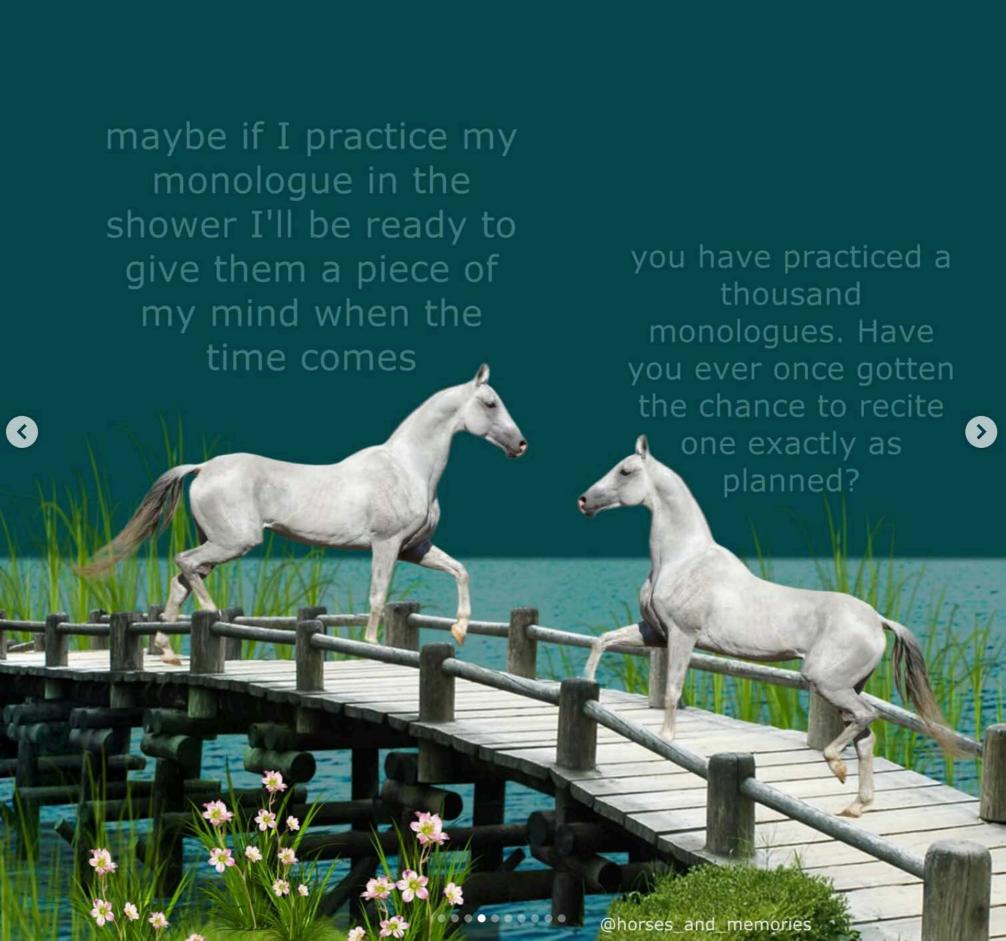


I've been waiting on a lot recently? Waiting to see if something will escalate or develop...unfold, reveal itself. And everyone keeps saying that I shouldn't worry until I actually know, and thennnn you know, we'll cross that bridge when we get there. I've heard that sentence so many times the past month! And it's such fair advice!



The thing is: I am convinced that if I spend time imagining the bridge, practicing my strategy, rehearsing my talking points, then I'll actually be prepared to cross the bridge when I get there. Otherwise. How am I supposed to





Ok so ideally I wouldn't have the thought at all. But getting ahead of myself has actually been? A somewhat constructive thing? I can't convince myself the problem doesn't exist. So I tell myself ok. This is going to happen, or already has happened, and you're going to deal with it in this this and this way. You can talk to these three girls for advice, and read this support group forum and you're going to be fine. I master all 5 stages of grief and then the test comes back negative.



I want to be prepared for the terrible thing.

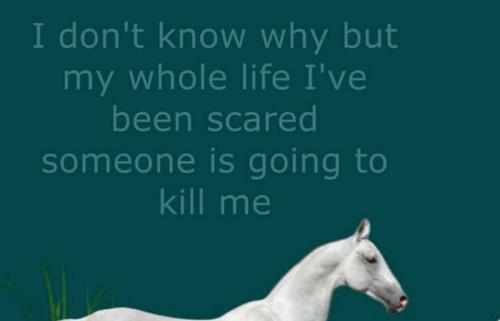


I want to be prepared for the terrible thing.

it won't be anything like how you imagined it



Don't get ahead of yourself. Don't get ahead of yourself.Don't get ahead of yourself.Don't get ahead of yourself. Don't get ahead of vourself. Don't get ahead of yourself. Don't t ahead of yourself. Don't get ahead of 3/ourself. Don't get alread of yourself. Don's get a read of yourself. Don't get ahead of purself. Don't get abo





there's no bridge to cross.

