

What if this happens?

We'll cross that bridge
when we get there



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 thennnnn 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 know what to do?



maybe if I practice my
monologue in the
shower I'll be ready to
give them a piece of
my mind when the
time comes

you have practiced a
thousand
monologues. Have
you ever once gotten
the chance to recite
one exactly as
planned?



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.



there has to be a better way

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

there's better ways to
spend your time.



A carousel slide featuring a video of white horses running across a wooden bridge over a body of water. The video is overlaid with the text "Don't get ahead of yourself." repeated multiple times. Navigation arrows and a progress bar are visible.

I don't know why but
my whole life I've
been scared
someone is going to
kill me

lol we'll cross that
bridge when we get
there



there's no bridge to cross.

