

Believe

by breathingstories

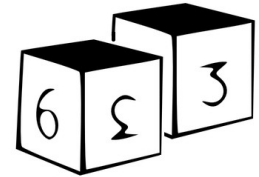
Sometimes life is tough and it becomes hard to believe.

To believe in a future, believe a compliment, believe in yourself.

When you can do nothing else, believe.

Think of all the things that make your heart smile. (Is it a cherished memory? Is it a person? Is it a story?) Make a tally for each one.

Roll 2d6 plus the number of tallies.



On a 10+, feel your heart smile, breath deeply and believe in every hope you have.

On a 7-9, say one of the following and believe

- it is hard now but it will get better
- i miss them but i am glad of the time we had
- i may seem stuck here but even iron can start again
- it may look like there is no way forward but i will find one
- i may lose this/them but i will find healing too
- it may be hard to remember but i am loved

On a miss, breath deeply, cry as many tears as you need and engage in self care.

Conversely, do all of the above anyway.



Take care.

Believe.