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Promises to My Past Self

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Promises to My Past Self

You will heal.

I promise that it gets better.

You will eat without fear.

I promise that enjoying food is possible.

You will not spend your whole life in the hospital.

I promise that the doctor's appointments don't last forever.

You will have a social life.

I promise that the symptoms will lose their grip on you.

You will be able to sleep through the night.

I promise that feeling restful is not out of reach.

You will be able to enjoy exercise again.

I promise that the physical restrictions have an end.

You will get your strength back.

I promise that weakness is not the end of your story.

You will have another chance tomorrow.

I promise that healing is closer than you think.

You will have more good days.

I promise that the bad days won't always win.

You will become more than your chronic illnesses.

I promise that your health won't always define you.

You will find your place in this world.

I promise that you were placed on this earth for a reason.

