IT'S A TRAIN THING

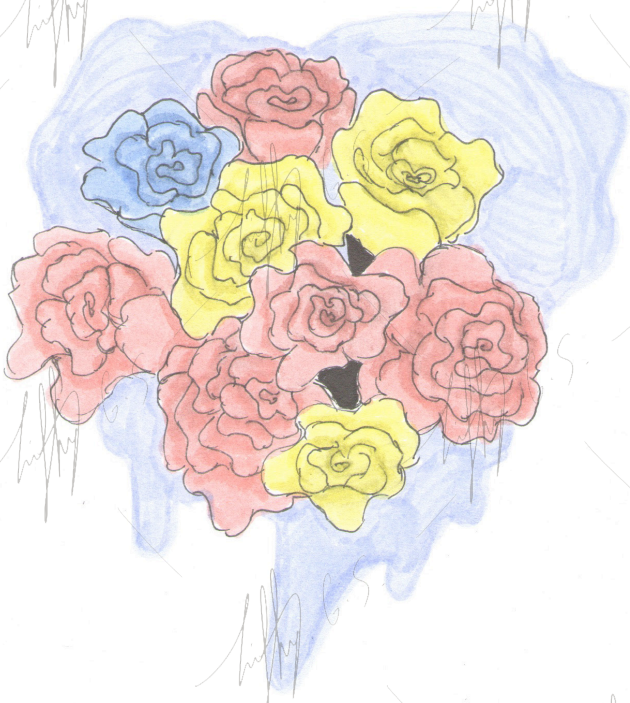
I GREW UP SCARED OF LOSING PEOPLE.
BUT PEOPLE WAS ALL I LOST.

I HATED THE SMELL OF ROSES

AT FUNERALS

AT BREAKUPS

AT LOSSES.



SLOWLY AS I GREW OLDER...
THE MORE PEOPLE I LOST
DROVE ME MORE AND
MORE
INTO
A
CORNER.

ANXEITY
EMOTIONS
TEARS
2:25
Autumn Leaves
BTS
I DIDN'T UNDERSTAND.

BUT THEN
MY MOM TOLD
ME AN ANALOGY
SHE FOUND
ONLINE.

SHE SAID TO ME,

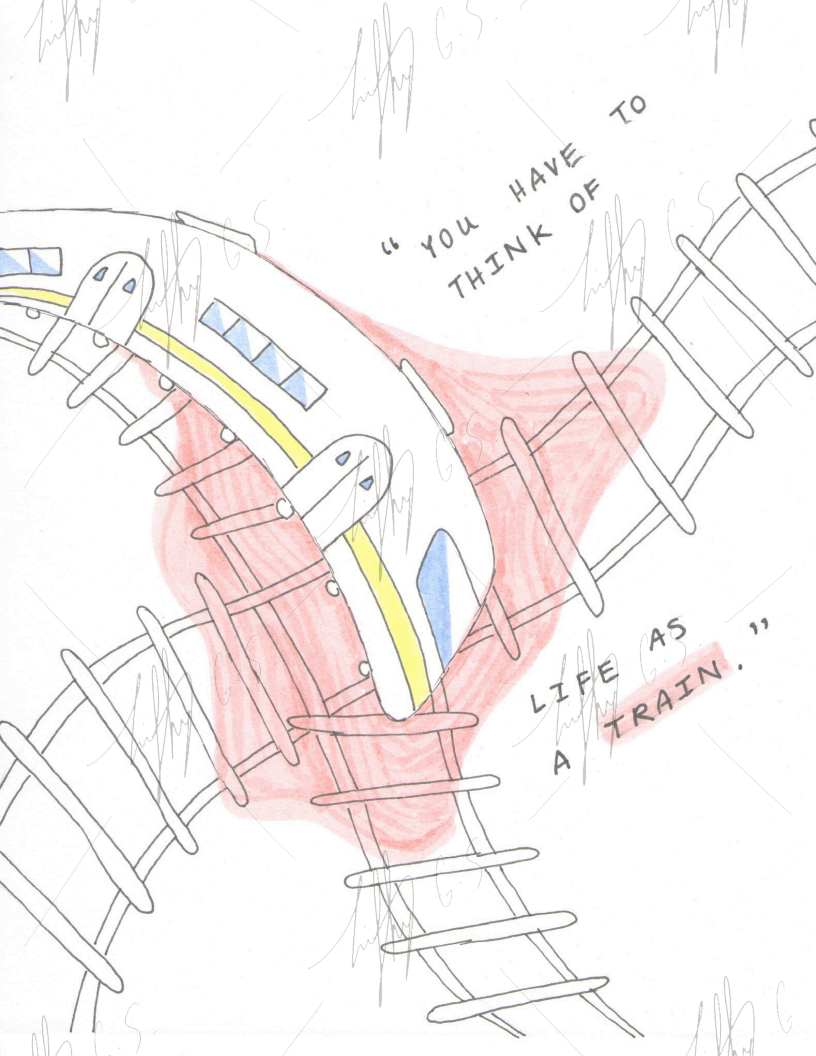
"I HAVE SOMETHING TO TELL YOU,
SIT DOWN."

AND SAT DOWN I DID.

"I DON'T KNOW WHAT'S BEEN GOING ON, BUT YOU HAVE TO STOP WORRYING SO MUCH,"

SHE SAID.

SHE WAS RIGHT.

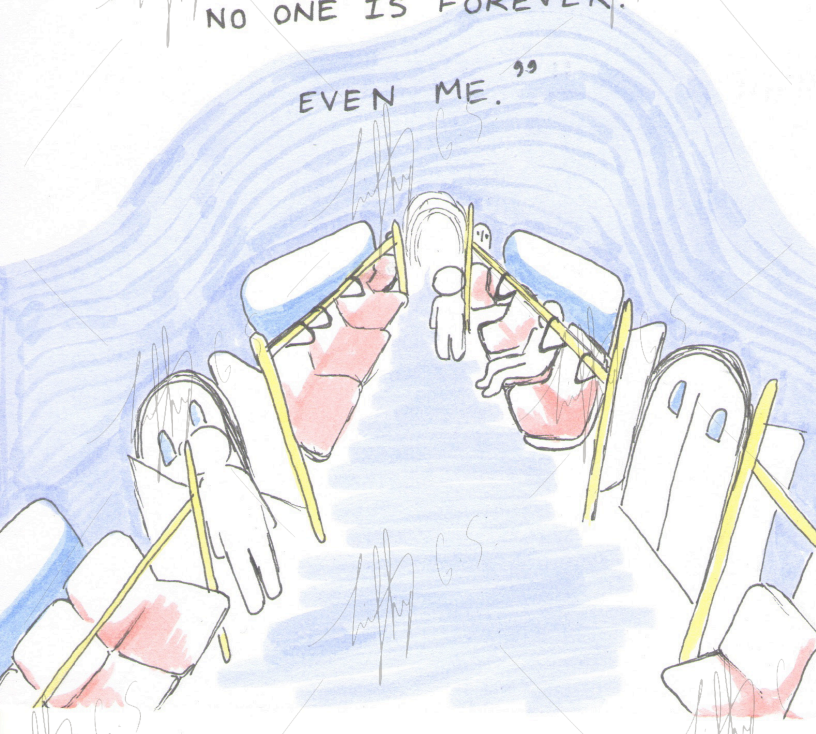

" YOU HAVE TO
THINK OF
LIFE AS
A TRAIN. "

FEBRUARY
JANUARY
REGRET
"YOU ARE THAT TRAIN,
YOU ARE MOVING
CONSTANTLY INTO
THE FUTURE,
LEAVING THE PAST BEHIND."
risk
failure
dear diary,
of
people

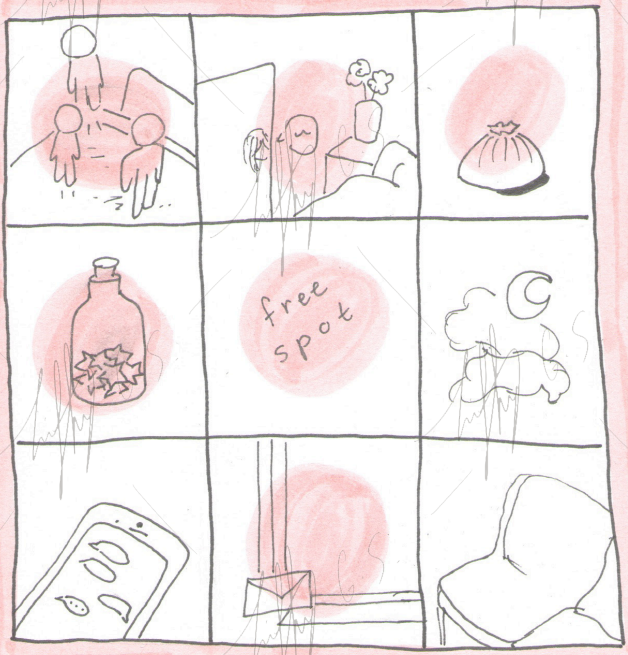
"PEOPLE ARE GOING TO GET ON AND OFF.

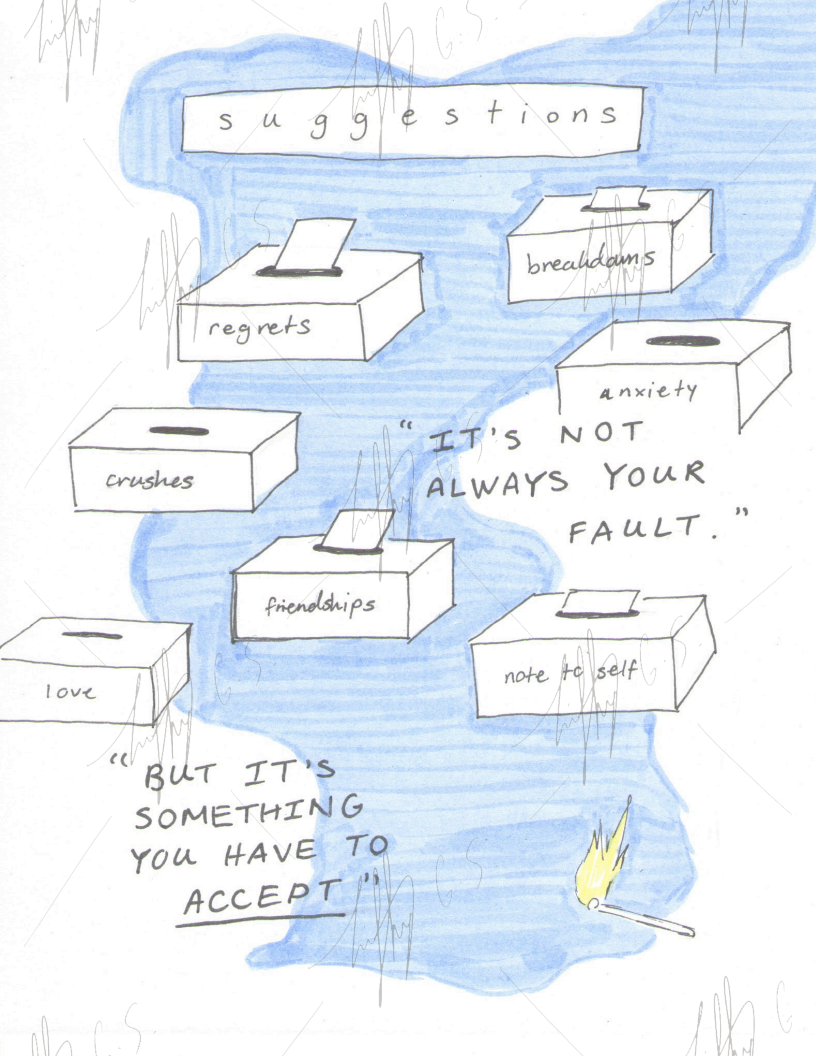
NO ONE IS FOREVER.

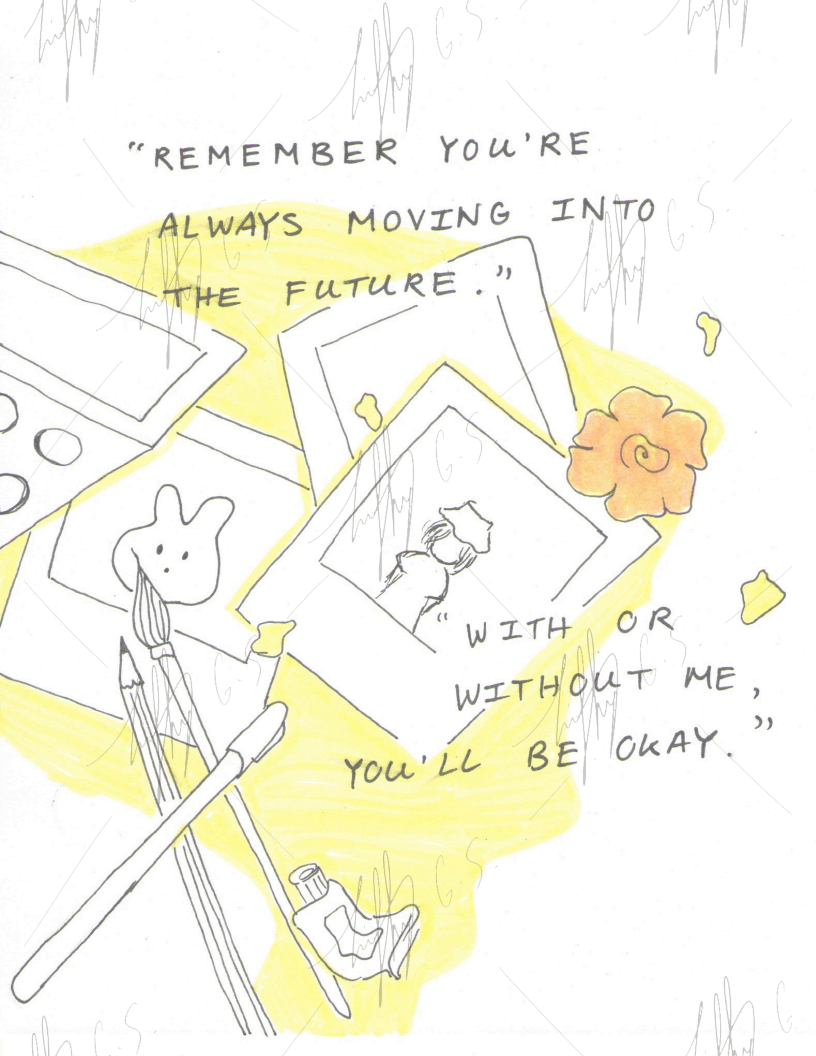
EVEN ME."



"LET PEOPLE GO
WHEN THEY NEED
TO GO..."

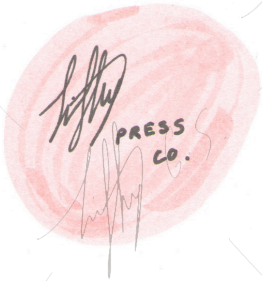



suggestions
regrets
breakdowns
anxiety
crushes
"IT'S NOT ALWAYS YOUR FAULT."
friendships
love
note to self
"BUT IT'S SOMETHING YOU HAVE TO ACCEPT"


"REMEMBER YOU'RE ALWAYS MOVING INTO THE FUTURE."
"WITH OR WITHOUT ME, YOU'LL BE OKAY."

"THANKS MOM."

"I'LL KEEP TRYING AT LIFE." (I GUESS)


PRESS
CO.