



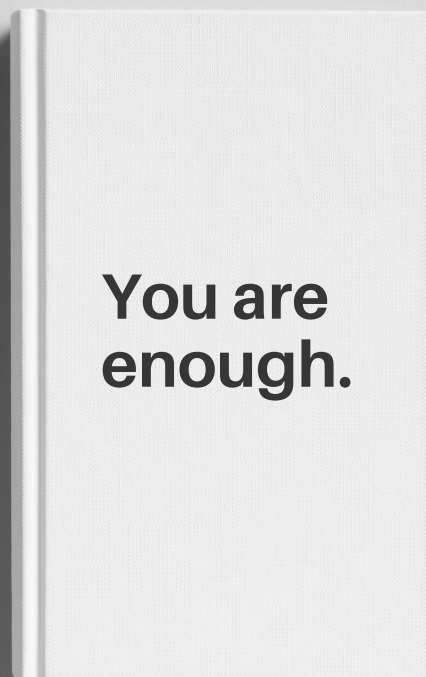
Sophrosyne

# QUOTES AND QUESTIONS THAT YOU MIGHT RELATE TO

(or might not)

SOPHROSYNE MENTAL HEALTH

# NOTE FOR THE READER



*This book addresses sensitive topics including depression, anxiety, and eating disorders. If you feel you aren't in the right place to read these, that's okay! They will be here when you're ready. We hope you enjoy this series!*

**PART 1**

# **A Broken Heart**

***The way they leave  
tells you everything,  
doesn't it?***

***The worst feeling is when you think you are special to someone until you realise they act the same toward others too.***

***Coming to terms  
with the fact that  
you're no one's first  
choice is another  
type of pain.***

***It's difficult to trust  
them when the only  
thing you have are  
their past mistakes.***

***Seeing them with  
someone else feels  
like the only light in  
your life leaving.***



***How can I ever trust  
them if they say one  
thing and do  
another?***

***Will I ever be good  
enough for you?***

PART 2

# Depression

***I silently cry so  
people won't ask if  
I'm okay, because if  
they do, I will break  
down completely.***

***You know you're not  
in a good place when  
sleep becomes an  
escape.***

***Taking that first step  
out of bed is like  
accepting that you  
will live another day  
in pain.***

***I hate myself for  
becoming the  
person I said I'd  
never be.***

***My room is my  
fortress; my bed is  
the place I can let  
down my guard, be  
myself, and let the  
tears flow.***



***If I can't express how  
I feel, who's going to  
understand me and  
be there for me when  
I fall?***

PART 3

# Anxiety

***I overthink so much.  
It's like if I'm dating  
you and you leave  
me, you're just  
proving me right: I  
already imagined  
being alone.***

***Having anxiety is like  
being followed by  
this perpetual voice  
that uses your  
insecurities against  
you.***

***Just because I can't  
explain the  
unexplainable  
thoughts in my head  
doesn't make them  
any less valid.***

***I'm so exhausted  
from trying to be  
stronger than I  
actually am.***

***I know it's  
happening when I  
have to speak, and  
my mind begins  
rehearsing each  
word.. each  
space...the sound of  
every letter.***

***They say someday, I  
will look back on it  
all and see how far  
I've come. When will  
that someday arrive?***



PART4

# Body Image

***I wish I could be  
jealous of myself; I  
wish that for just a  
day, I could look at  
myself and want to  
be them.***

***How long will I let my  
mind bully my body?***

***I tell my family I  
shower in the dark  
because it's relaxing,  
but I'm really scared  
to see my naked  
body in the mirror.***

***They say working out will make me stronger, but with each compulsive mile I run, I feel weaker, and weaker, and weaker.***

PART 5

# School

***Being average is the  
new bad, and I feel  
worthless for being  
average.***

***I do everything and  
somehow I'm still not  
enough for your  
standards.***

***@collegeadmissions***



***I wish my parents  
pushed me from a  
young age to excel in  
something; that way,  
I'd feel accepted***

***I'm doing all of this to  
flex a college  
bumper sticker on  
my car?***

***"What do you want to do when you're older?"—mom***

***"I want to become a dancer!"—me, 6 years old***

***"What do you want to do in your career?"—mom***

***"I want to make money so I'll be accepted and therefore be happy"—me, 17 years old***

***I am a piece of paper,  
a GPA, a statistic. I'm  
not a real person  
anymore.***

***They say do what  
makes you happy  
but shame you for  
trying something  
different—  
something new.***

PART 6

# Advice & Wake-Up Calls

***Stop pretending you  
aren't hurt so you  
can heal.***

***Take the good  
memories and don't  
forget the bad  
memories—use  
them to move on.***



***Check yourself: are you in love with the idea of a friendship, or do you actually not like that person and just want to fit in?***

***Letting their  
opinions get to you is  
letting them win.***

***We hope you enjoyed this series! Check out Sophrosyne Mental Health for more content!***

- ***Instagram: [sophrosynementalhealth](#)***
- ***Website: [sophrosynementalhealth.com](#)***