

Even though..... I choose to deeply and completely love and accept myself

- I don't really want to lose my depression,
- I don't really want to say good bye to all my problems, ...
- I do not think I am safe if all my problems are solved, ...
- I don't know what do to if all my problems are solved, ...
- I do not have any excuses anymore, if all my problems have gone, ...
- I don't really want to be responsible for my problems, ...
- I don't want to release the pain, caused by others, ...
- I don't know who am I if all my negative thoughts and the pain has gone.
- Even though this problems all my fault...
- Even though I am not able to get over this problem.....
- Even though part of me wants to keep this problem.....
- Even though I can't do what is necessary to get over this problem.....
- Even though I will never get over this problem.....
- Even though I do not deserve to get over this problem.....
- Even if it is not safe for me to get over this problem.....
- Even if it isn't safe for others for me to get over this problem.....
- Even though some people will be annoyed if I get over this problem...
- Even if I will not allow myself to get over this problem.....
- Even if it is not possible for me to get over this problem....
- Even if I won't do what is necessary to get over this problem...
- Even if I cannot do what is necessary to get over this problem....
- Even if others will not approve of me getting over this problem....
- Even if getting over this problem will not be good for me .....
- Even if getting over this problem will not be good for others
- Even if I have a unique block to getting over my problems...
- Even if I'll feel deprived if I do what is necessary to get over this...
- Even if I lose my sense of identity if I get over this problem...
- Even though I think this won't work...
- Even though I had these problems for a long time ....
- Even though I have tried everything to get over my problems...
- Even though I deserve to be punished for things I have done..
- Even though I am not a nice person at times.....
- Even though this problem is genetic and other people in my family have this ...
- Even though other people have not got over this problem