

It's honestly ok to laugh even when you're feeling pain.
Not that it goes away, but in the moment you find just a slice
of that wholesome feeling you keep searching for.
I know you feel like you are behind right now,
but I want you to tell yourself that that is completely ok.
No one has ever said you needed to have your entire life figured out
by the time you are this age.
Write this all down at 23, at the stroke of 12,
the first thoughts that come into your mind.
Write them. Then come back to it at 46.
You might just laugh at yourself.
But that's the point.
If you can't laugh with the people who laugh at you,
if you can't pass off every mistake as a lesson learned
and an open door to a room for improvement,
if you don't slow down and just take a second to look at the world
you'll just spend your whole life running away from the darkness
and not running towards the brightness of the light.

It's ok to laugh even when you're feeling pain,
but it's also ok to let that pain show.
Please, for the love of god, remind yourself that
you do not have to face anything alone.
You may want to, you may push people away,
Don't.
Stop searching for the love you wish to have and embrace
the love you've been gifted.

It's ok to laugh even when you're feeling pain,
but I hope that after another 23 that pain goes away.
Be kind to yourself. Be kind to others. Be kind to the world.
You aren't perfect, and you never will be. But nobody is.
It's ok to be a flawed person. Just be aware of them.
Don't dwell on the things you can't change,
work on the things you can.
It's ok to laugh even when you're feeling pain.
Just remember that
You are.

