



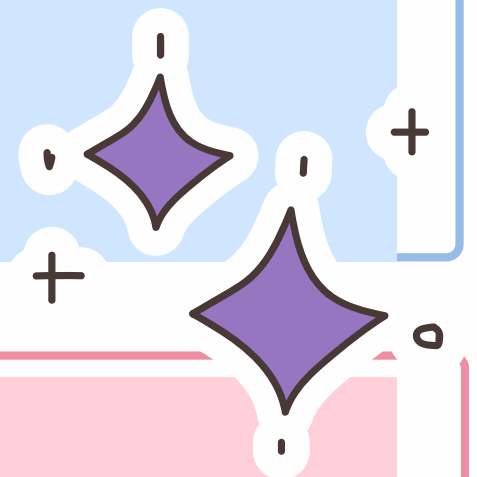
Addiction



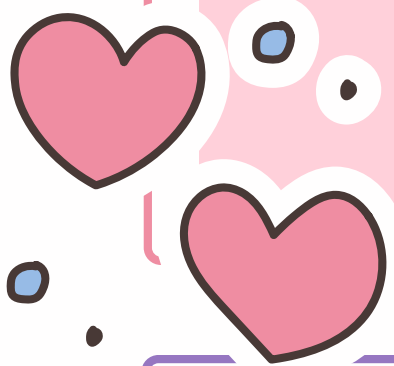
Without Shame

🌀 Addiction is not a weakness.

💖 Addiction is using external means to regulate a dysregulated nervous system.



💖 You are not broken.
You are seeking balance.



Recovery is possible. It begins with understanding, compassion, and connection.