



## Love Yourself

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Love Yourself is a piece that explores the possibility of healing and loving yourself. Living with BPD, I never thought that I could love myself or see worth in my life. I started doing intensive therapy and have been trying to take care of myself physically and mentally. I wanted to draw my authentic body that is trying to find peace, tranquility, and safety within oneself. Having BPD makes it hard to heal and feel safe in your body. This figure represents hope and positivity through one's journey to recovery. I believe that we can learn to love ourselves and our life with practice and dedication.