



Have a little faith

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Concertrate on the here and now

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With seven days to go To an event that may change my life forever. My mood is getting steadily worse. So much darker and hopeless, Feeling so scared and alone not sure of what I might do. I need too STOP! Take some deep breaths, Wipe away the tears think about the present only deal with the here and now Not the could or might be's And have a little faith.