

July 14, 2020

- **What's the worst that can happen?**
- *i lose everything.*
- **Are you sure?**
- *no. i'm not sure of anything right now.*
- **No one is. That's okay.**
- *but i'll lose everything.*
- **You said you're not sure.**
- *i don't have to be sure. i just have to be scared.*
- **You don't have to be scared. Last time you were angry. Now you're scared.**
- *i suppose.*
- **Suppose you just let that all happen, feel it. Maybe you'd lose some things. Maybe you'd lose some anger and fear too.**
- *do you think so?*
- **i'm not sure. Being not sure is okay.**
- *okay. i'll take your word for it.*