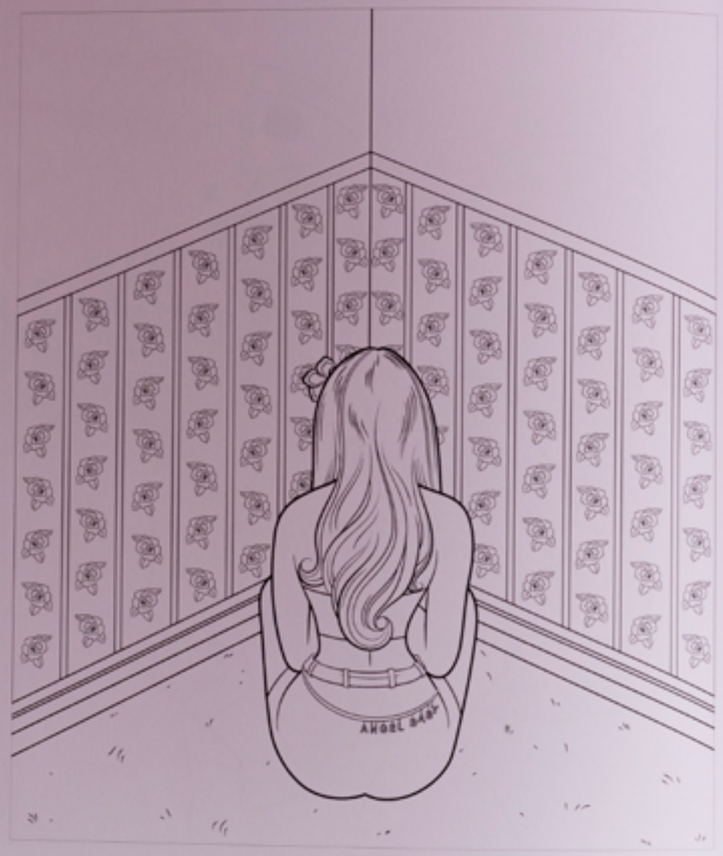
The Downward Spiral
Coloring Book
DIRECT EDITION

Y is for YOLO
YOLO
Z is for Zest for life, which I sometimes completely lack
- Goodbye, so long, it's been a pleasure!
X is for Xanax
W is for Wondering why I stopped being happy when I was 11
M is for Making questionable decisions that would affect other people's lives
I consent
I consent
I DON'T
N is for Narcissism
I is for Insatiable hunger for validation and appreciation

U is for **U**pset when I'm not immediately good at a new skill



- I've lost interest...

V is for the **V**oices in my head telling me that I'm not good enough

- Please make it stop...