

Even **BARBIE** knows that the **INSTAGRAM ILLUSION** is the point.



1. How do you feel about secrets?
A. I never, ever, ever give up a secret.



ABOUT THE ZINE

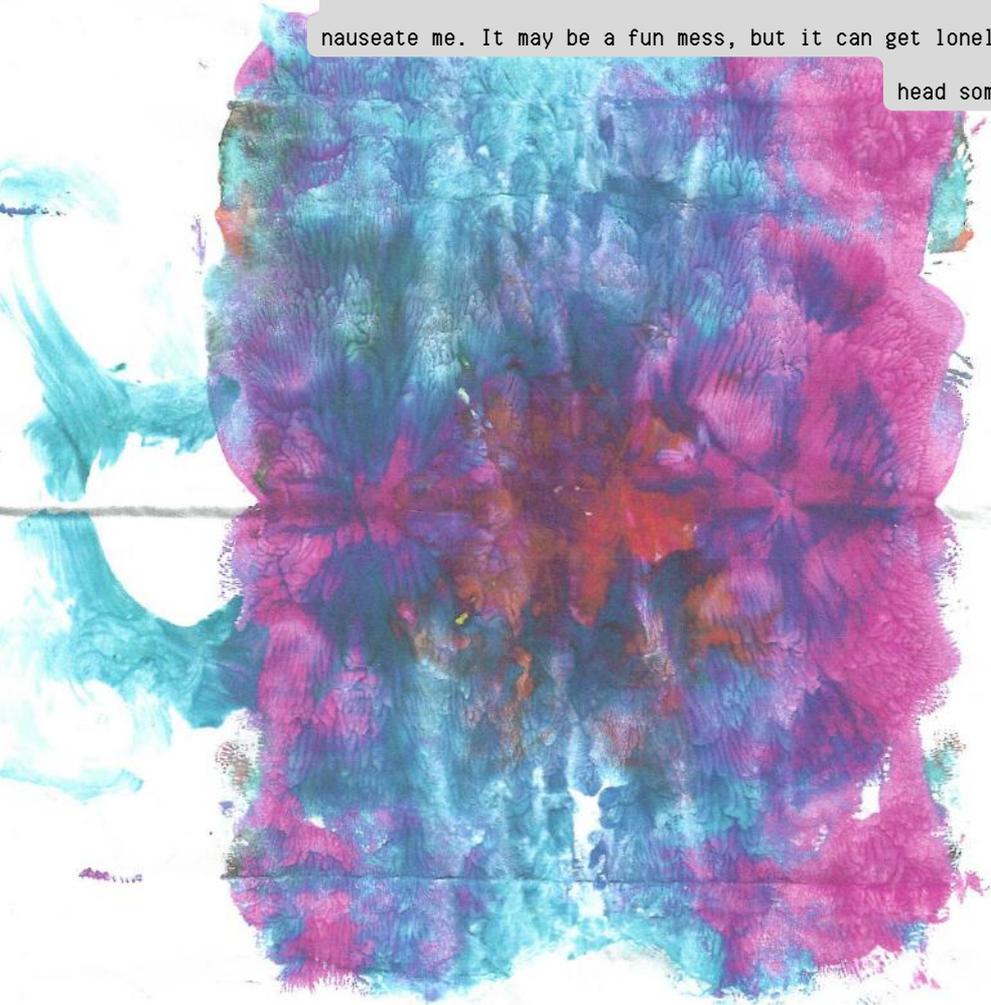
sounds like a personal problem is inspired by one of my big sisters. it is a phrase that she has used for as long as i can remember. the phrase may sound harsh but it never offended me. i took it as a reminder that no one is a responsible for my shit. i can ask for help or suffer in silence but either way it's my problem to do something about.

this mentality does not apply to societal issues that affect my life or the lives of others on a regular basis. living in a white supremacist cis-hetero patriarchal capitalist society is exhausting. that alone accounts for my base level of anxiety as a person navigating many marginalized identities.

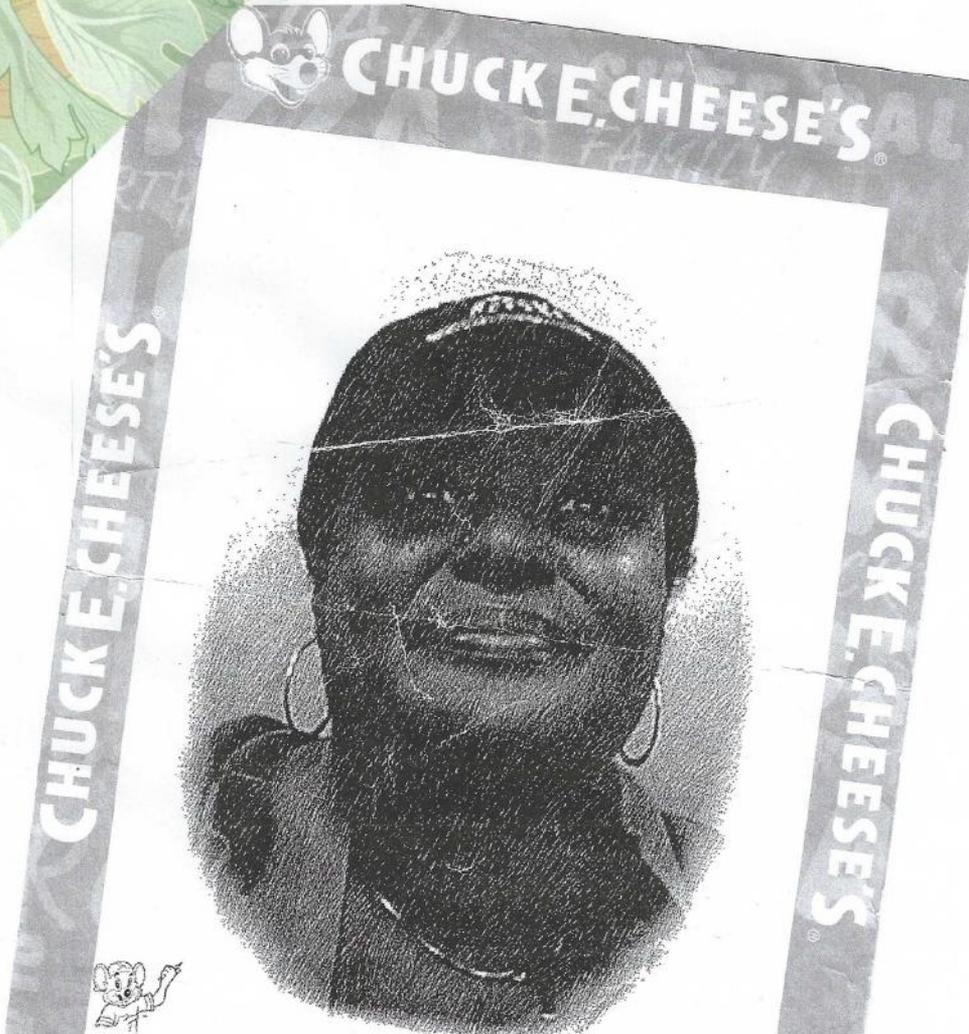
with that in mind, my brain is a mess. welcome to the first issue of sounds like a personal problem, a zine all about anxiety. this first issue is just feelings -shrugs-

Sometimes I get so in my head that I forget to care about other people. The world is tuned out and when I come back to reality I feel anxious again then feel guilty for centering my own thoughts & feelings then...

I can't even finish writing that sentence, it was starting to nauseate me. It may be a fun mess, but it can get lonely in my head sometimes.



I've heard many times before that it's no surprise so many people with anxiety identify as artists; people who can think of every possible thing that could potentially go wrong have to be pretty darn creative.

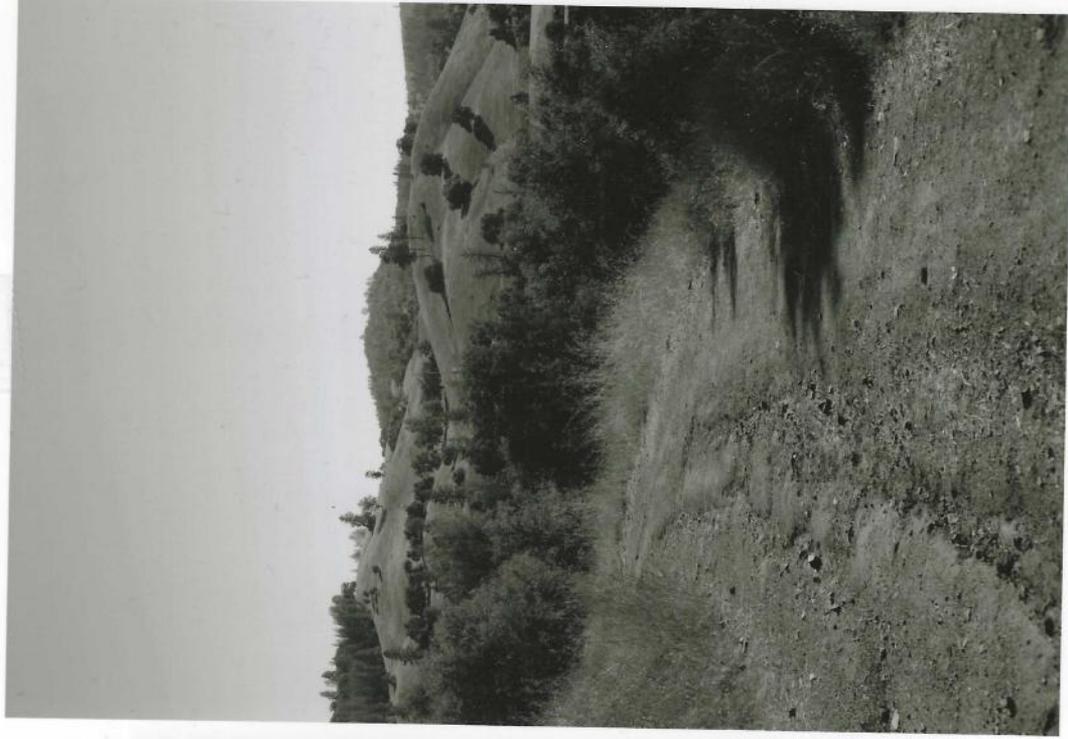


I'D PREFER MY SANITY IF I COULD USE ONE OVER THE OTHER. WE DON'T HAVE TO CHOOSE BUT SOMETIMES I GET CAUGHT UP IN TRYING TO FEEL NORMAL THAT I FORGOT TO CREATE. I JUST WANT TO USE MY BRAIN TO MAKE ART INSTEAD OF SHIELDING IT FROM OTHERS. FROM NOW ON I WILL MAKE ROOM FOR MY CREATIVITY AND MESSINESS. MAYBE IT MAKES SENSE. MAYBE IT DOESN'T.

i used to crave adventure as a kid but could never handle the unknown. i never knew what to call what i was feeling. anxiety didn't mean anything until i turned 13 and had my first anxiety attack.



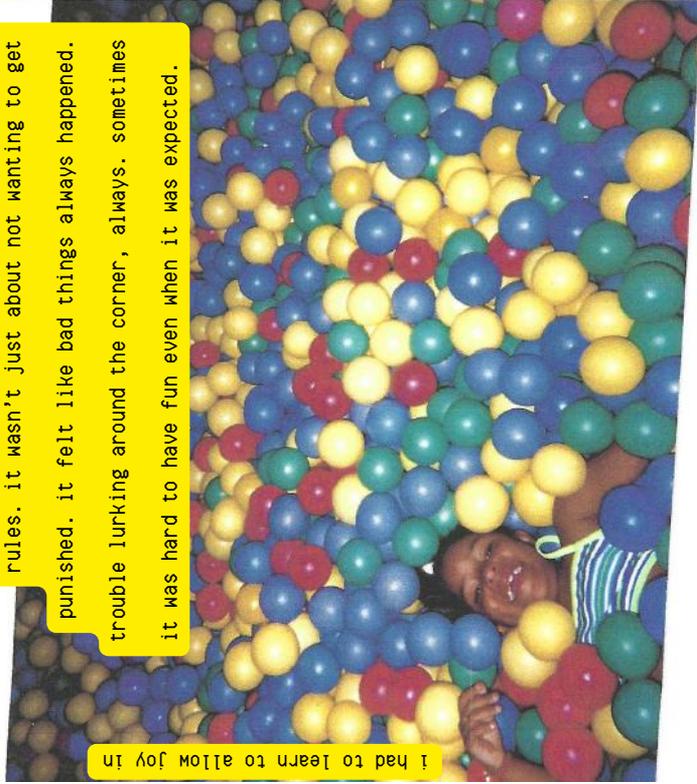
i knew then that there would be plenty that i would never do.



i used to believe that i wasn't always anxious but i remember being uptight, scared, and afraid to break rules. it wasn't just about not wanting to get

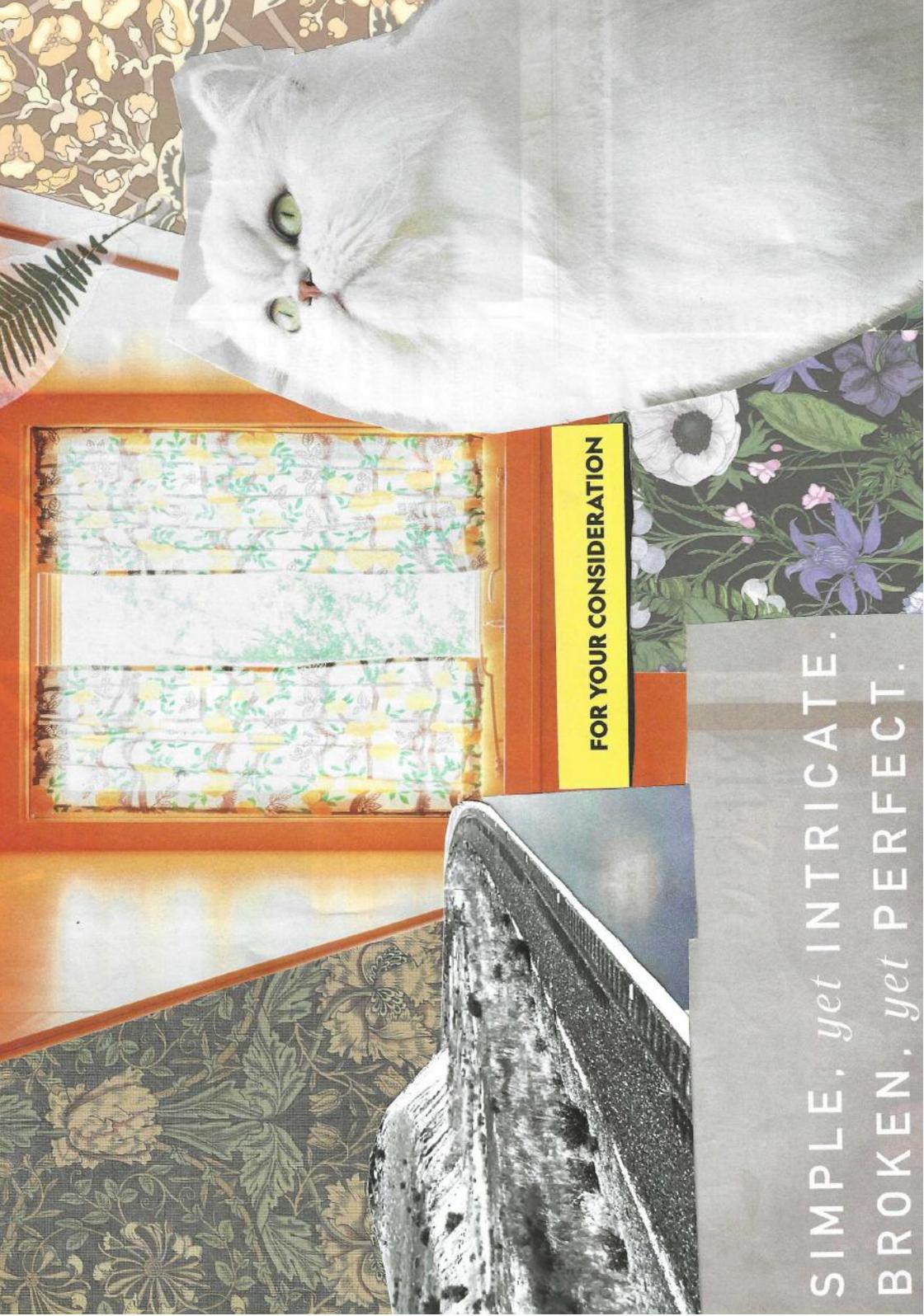
punished. it felt like bad things always happened. trouble lurking around the corner, always. sometimes it was hard to have fun even when it was expected.

i had to learn to allow joy in



it was these moments that taught me to let go. things will always turn out okay. it's not your fault.





FOR YOUR CONSIDERATION

SIMPLE, *yet* INTRICATE.
BROKEN, *yet* PERFECT.

RISK EVERYTHING

CLASH

APPLAUSE

TEACH ME TO BREATHE PLEASE.

EGG-YACTLY Season

How often do you change your mind?

through giving.





The annoying part about anxiety is how it tricks me into forgetting that I have anxiety.

Sometimes I go through severe periods of anxiety that last weeks or months. Then I have to spend more time recovering from the exhaustion of it all. The moments between anxious and not anxious are far and few in between.



But thanks to therapy, I can identify the levels of my anxiety and know that I don't necessarily have to fall into a spiral and shouldn't guide myself into that direction.

I remind myself: Feel the waves of uncertainty, doubt, and fear. Know that you can wave move through them with ease. You have made it onto the other side many times before, you'll do it again and again.





HAS
ONE DIRECTION,
FORWARD



IS SUPER-
READY FOR
WHAT COMES
NEXT—AND
SHE'S GOT
SOME BIG
IDEAS FOR
WHAT THAT
WILL BE



The end



of an era

The end

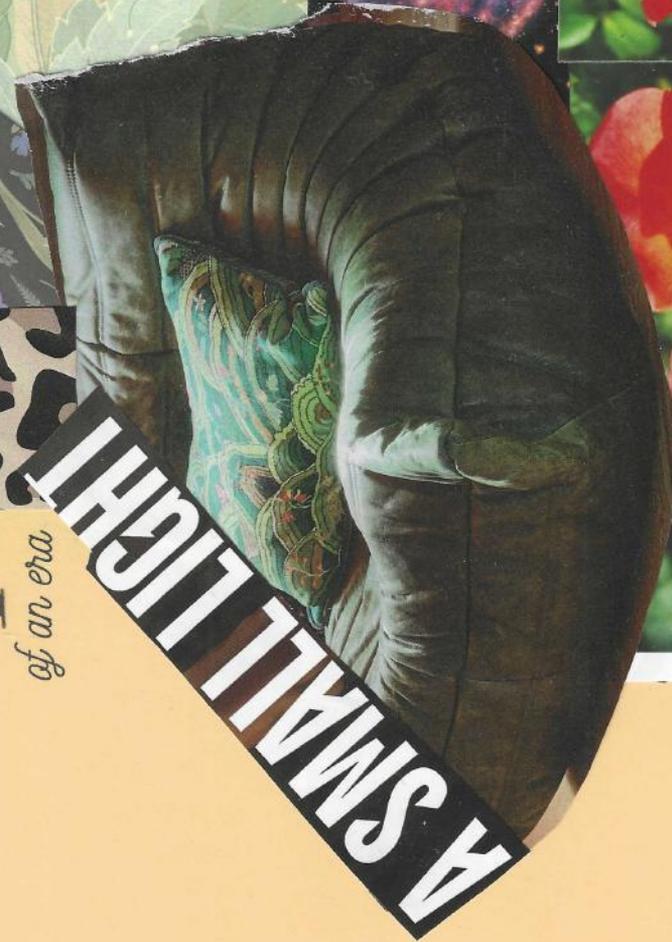


of an era

The end



of an era



A SMALL LIGHT

about the author



Sula Found aka BB K aka Nobody's Darling is one of the last active users on Livejournal. Currently based in Northern California, they are finishing *Negotiation*, their essay collection about navigating mental health and sexuality.

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thanks for reading!