



oh oh okay cool i'm gonna evaluate how i'm feeling tmrw and if improved will sign upppp 🍷 7:00 PM

yay!! love this 🍷 7:19 PM

do you have spoons to talk today?

i'll be around in general just exhausted 5:45 PM

i'm around if you wanna be on together while doing stuff 7:06 PM

sending ya love 🍷🍷 12:18 PM

would you want to do a stretch sometime in the next few days?

god bodies are so confusing and anxiety inducing

yeah no rush!

fingers crossed low symptom shots for you! 10:36 AM

of course i'm here for you and this shit is awful 🍷🍷 we'll catch up about shit soon things

nice! i need to stretch im in a lot of pain from just hunch over with work and yeah

god i wish people would fucking listen and believe you about shit my fucking god

we can GREIEV we're allowed to be upset and not always make sure we're saying things in a way that's going to convince people like fuck 12:43 PM

# Sins Invalid

yeah dude i'm livid for you ready to throw a fuckin STICK at this person 8:41 PM

that sounds good to me! 3:45 PM

would love to catch up v soon but am too worn out atm 🍷 maybe sometime this coming week?

still felt way too out of it yesterday, need to let this fade before i try exercising again 🍷 1:14 PM

jesus fucking christ. what a truly awful therapist.

i'm glad you did that for yourself tho!! maybe next weeek 1:18 PM

all care should be neurodiversity affirming and accessible are you KIDDINF me 8:36 PM

no pressure at all tho we can def do it a different day 7:32 PM

Sins Invalid. (n.d.) 10 principles of disability justice. <https://sinsinvalid.org/10-principles-of-disability-justice/>

## Image Description:

Dark blue magic marker lettering on a white background reads Sustainability. There are numerous erased white lines intersecting the lettering. Overlaid are screenshots of DMs scattered over the page. Going in clockwise order, a blue colored message reads oh oh okay cool i'm gonna evaluate how i'm feeling tmrw and if improved will sign upppp [heart emoji]. A gray colored message reads yay!! love this [love face react]. A gray message reads sending ya love [double heart emojis] [love face react]. A blue message reads would you want to do a stretch sometime in the next few days? A gray message reads nice! i need to stretch im in a lot of pain from just hunch over with work and yeah. A gray message reads god i wish people would fucking listen and believe you about shit my fucking god. A gray message reads do you have spoons to talk today? A gray message reads god bodies are so confusing and anxiety inducing. A gray message reads fingers crossed low symptom shots for you [heart react]. A gray message reads we can GREIEV we're allowed to be upset and not always make sure we're saying things in a way that's going to convince people like fuck [sob react]. A blue message reads i'll be around in general just exhausted. A gray message reads i'm around if you wanna be on together while doing stuff. A gray message reads yeah no rush! A gray message reads of course i'm here for you and this shit is awful [double hug emoji] we'll catch up about shit soon things. A gray message reads no pressure at all tho we can def do it a different day. A blue message reads would love to catch up v soon but am too worn out atm [extreme sad emoji] maybe sometime this coming week? A gray message reads [hug emoji] that sounds good to me! [tada react] A gray message reads jesus fucking christ. what a truly awful therapist. A gray message reads all care should be neurodiversity affirming and accessible are you KIDDINF me [sob react] A gray message reads yeah dude i'm livid for you. A gray message reads ready to throw a fuckin STICK at this person. Blue message reads still felt way too out of it yesterday, need to let this fade before i try exercising again [extreme sad face]. Gray message reads i'm glad you did that for yourself tho!! maybe next weeeek [heart react]. Black text on yellow background in lower right corner reads Sins Invalid. (n.d.) 10 principles of disability justice. <https://sinsinvalid.org/10-principles-of-disability-justice/>