

How I'm recovering

I'm Sophie, and I think the world is pretty shit. I wanted to work out what was going on, and why I was having such a rough time in my own life feeling lonely, unsafe and hopeless. I also wanted to work out what to do about it, and see what life could be like instead.

So I made this little set of maps.

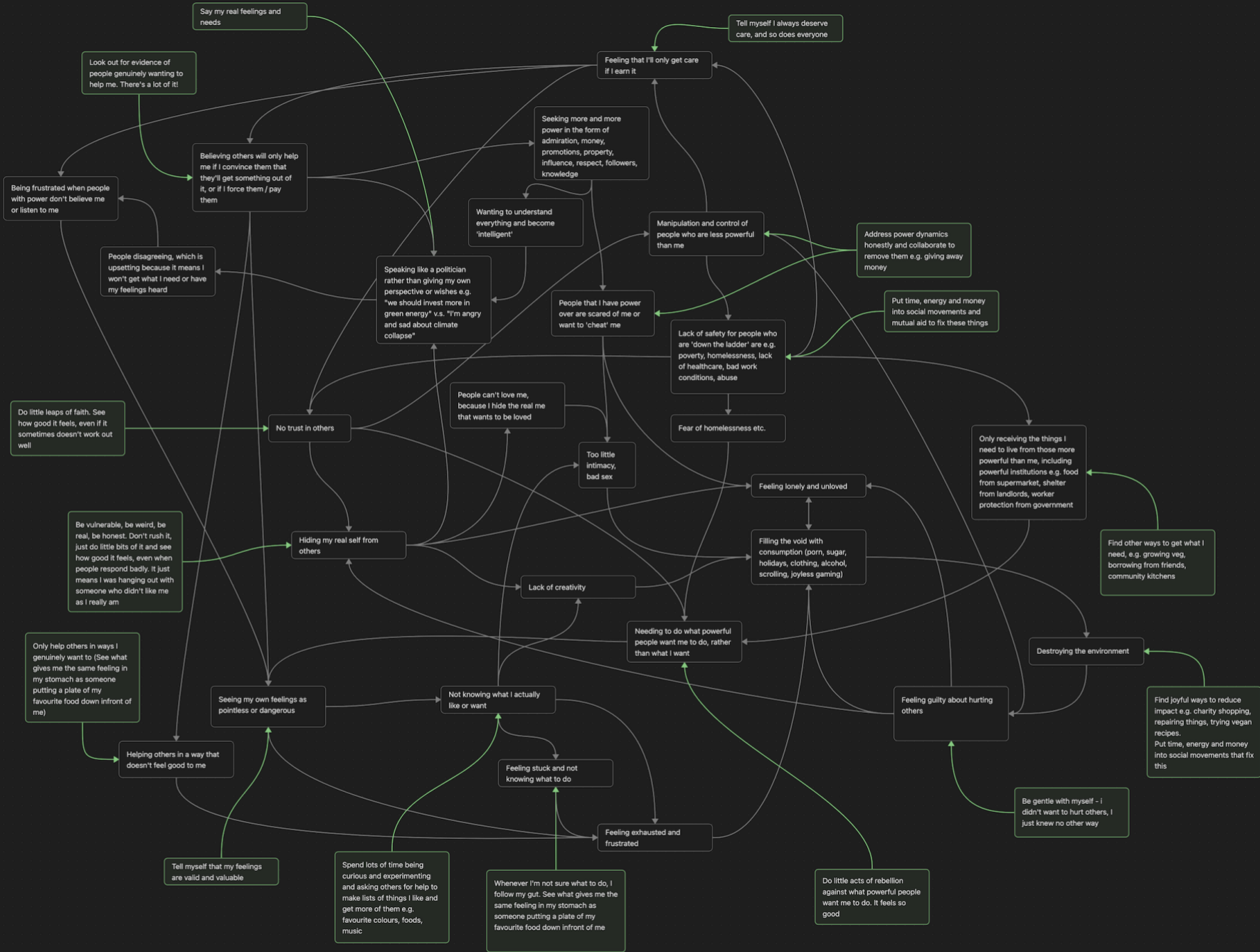
Step 1 is investigating how all the different problems fit together and cause each other

Step 2 is working out places where I can fix some of the problems so that they have good knock on effects on other problems

Step 3 is seeing how life could be if this works out.

I'd say I'm currently somewhere between steps 2 and 3. I've been doing a lot of the changes in step 2, and I'm starting to see a lot of the results in step 3. I'm really excited about it, and I hope it could help you too.

Step 2: Change stuff



Step 3: See the results

