

RESISTER

Think



Does anyone care? I am lonely and isolated. I need my friends. Don't you LOVE me anymore? I have been loyal, you have been my friend, now you treat me as if I am contagious.



Say

I am sad, disappointed, unhappy, AND I DON'T UNDERSTAND why it cannot be like it always was. I miss you. Treat me like you care about me!

The story I tell myself: This is a bit too much, surely we need human contact too. Nothing will happen when we just talk

Do



Sometimes I break the rules because I think it's stupid. I meet with my family and friends. I sometimes don't or forget to wear a mask, mostly because it's a pain



Feel

I miss humans, my friends and the contact that I always value. I feel rejected, sad, frustrated. I feel like everyone wants to get rid of me. I have been abandoned.

Fears



I lie awake thinking about how businesses and the economy are suffering. What is going to happen? I lie awake thinking about how life was before and I cannot wait for it to return to normal



Hear

I hear way too much about Covid. I am tired of it. Everyone is talking about it! I hear stories about why these extreme measures are necessary

Needs



I need people! I need to connect, I want to feel LOVED again. I need things to go back to normal, the way it used to be



Pains

I am so frustrated with all these "silly" rules. I can't enjoy conversations with a mask, I can't see my friends, I am not able to travel not socialise. I want to get out!

Sometimes I break the rules a bit because I miss friends so much. I need to feel the LOVE. I complain about everything that is changing