

SLP Safety Pause: *Gastrointestinal Edition*

(ALLOW ME TO HUMOR YOU)

Healing isn't always pretty.

Sometimes it's journaling, sometimes it's crying in the shower...

And sometimes, baby, it's sitting on the toilet with your stomach in knots wondering why life keeps on life'ing.

Call it what it is: a gastro-emotional release.

A gut-level purge. Literally.

SLP is about real people doing real healing — not pretending life is flawless or Instagram-polished.

It's for the real moments — the human ones.

The messy ones.

The "my body said SIT DOWN NOW" ones.

Some might say it's too much, but honestly? This is real life. And we don't hide the human parts over here.

We ALL have messy moments — usually in private — but transparency builds connection.

(And just to be clear:

Transparency does NOT include bathroom selfies.

BOUNDARIES still exist, baby.)