<u>SUMMARIZE</u>

Saved by @AnJamison

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## Twitter Thread by Dr David Onu





Pain is what happens to us, such as the death of a loved one.

Suffering is what we make (or don't make) of our pain.

Suffering leads to trauma- a kind of deep emotional wound we carry in our bodies.

#personalgrowth #trauma #writerslift #writingcommunity #writing