

**SNAP OUT OF IT: 6 STEPS TO BANISHING BAD
HABITS, ADDICTIONS, AND NEGATIVE THOUGHTS**

Jo Wilmarth

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But I then spoke to a priest and told him of these thoughts and he said to not feed it. I really wanna leave this world, and never come back again...

Only against him donot stretch out your hand. Thankyou! You are indeed a Christian. Less face-to-face interaction with other people results in lack of empathy for fellow human beings.

The next step is up to you. I have known people before that for them being depressed is like their natural state of. We just want a normal life.