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I Feel better when I can use my time to turn idle thoughts into some creative good like making a zine to inspire others going through the same thing.

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SHAM:
Thinking Out Loud
Vol.1

A
Reflective
Zine



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After hours can often be the best time to create to get some of that mind stuff out. By jotting down my thoughts, I render them as powerless over my life and the only value that they have is now fleeting.

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2

I'm always my loudest in my own internalized thoughts but going for a walk is a way to escape. Otherwise, let's Face it! The brain is chatty and its hard to get out of my own head.

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My thoughts are like marauders who thieve from me at night. They move through the gangway of my consciousness but surely I am not thought.

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