

# MEMORY METEORS



You've been feeling okay (ish, at least), and then seemingly out of nowhere comes a memory meteor that sends you crashing straight back onto Planet Grief...

How my body feels when a memory meteor comes:



Smells that trigger memory meteors:

What was nice about my memory meteor:



What I didn't like about it:



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Sounds that trigger  
memory meteors:

What I was thinking about in  
that memory:



What was nice about  
my memory meteor:

What I didn't like  
about it:

