

# Awakening - Pull Quotes for Media Use

- "Numbness, once accepted, becomes a quiet surrender of agency and empathy."
- "Emotion is not a burden. Emotion is the evidence of being alive."
- "The most subtle form of control isn't force. It's exhaustion."
- "In a world drifting toward resignation, stories about feeling again matter more than ever."
- "When fatigue becomes constant, emotional numbness can begin to feel like relief."
- "Fantasy lets us see patterns we often ignore in the real world."
- "What happens to our humanity when someone else decides what we are allowed to feel?"
- "Recognition, not rebellion, is what systems of control fear most."
- "People surrender emotion gradually, not through force, but through sheer exhaustion."
- "Choice becomes routine instead of real when feeling disappears."
- "A single spark of emotion can restore the inner voice that tells us who we are."
- "We are not losing emotion through force. We are losing it through resignation."