

Dear Me,

I'm holding you in your sadness right now. You no longer have to be alone. I am here, I will comfort you and hold you and nurture you with love.

It's not your fault, you are lovable. The adults around you may have been incapable of giving you the love, nurture, attention you needed but this doesn't mean you don't deserve these things or that you have done anything wrong if you didn't get these.

You are not responsible for others. It's okay to feel sad and cry. I will hold you. I see you; I hear you. Tell me what is making you sad? Tell me what is making you angry? What do you need from me? How can I help you and take care of you? Do you need my love? I am here. Do you need me to acknowledge your hurt, little one? I do.

Let's work together to find soothing ways that don't hurt you or me. What makes you feel safe? What gives you comfort? What do you love doing? We can learn these things together if you feel unsure. Let's both get curious about our feelings rather than judge them or feel scared. They want to help us, they want us to feel better, they want to be heard. It's okay, when they feel too much, we can take deep breaths and let them ride.

I will be there for you; I will hold you till you feel calmer. Let's try grounding techniques, the 5 things, the safety box. Let's befriend sadness, how old is sadness? What is making sadness so sad? What is it wanting to tell me? What is it needing from me to feel less painful? What is anger telling me? Do I need to be more assertive? Set boundaries? Do I need to let go of this situation or person? Did I self-betray myself? Do I need to acknowledge what was done to me is wrong? Do I need supportive others?

How can I best show up for myself and what do I need to do to love myself? I'm I struggling to do this? If so, what is the hardest thing about this for me? What's keeping me stuck? Is it shame? Worthlessness? Fear of being happy in case I lose it all? What is my thought process? What beliefs about myself that are unhelpful did I learn? What unhelpful cognitive thoughts do I engage in? Do I see the world as black or white? Do I tend to engage in emotional reasoning, I feel bad therefore I must be? If so, how can I find alternative perspectives that may be more helpful and accurate?

These are some of the tools and things that I can do to gain more insight and find my own answers and alleviate distress.

I make a commitment to do this as best as I can. If writing helps, I can keep a journal.

I'm your ally, the parent to self, your own hero.

Let's do this!

Love you lots

Me.