

Hey Love!

A Love Letter for You from ... You

I have been looking for you. Where have you *been*??

Oh. Right. You were lost for a little while in a dark cloud of despair, anxiety, guilt, grief and depression. Sometimes hiding under the covers in your bed for days and weeks. Struggling while going through the motions at home, work, or school.

Whatever the reason for your absence, I'm so glad that you're back now. **Please, give me a BIG hug.**

I've been wanting to ask you a serious question, and I hope you'll know that it comes from a place of genuine concern from the person who **loves you** more than anyone else in the world.

Why do you continue to allow the opinions, thoughts and words of others to affect how you move, experience, and exist in this world?

Yes. I understand that you have to consider what *some* people think about you, such as your parents, your work supervisor, and friends who you respect. But not to the extent where you lose yourself and sink into the depths of depression in fear of their disapproval. Right?

Another more specific question as you continue the search for 'your person.' And you can take your time and really think for a while before answering this honestly.

*Is your desire for a romantic relationship or friendship greater than your desire for wholeness and peace?
And if the answer is yes, why?*

I'm going to tell you a truth about life and people that you may find hard to accept at this moment due to the way you've been conditioned since you were little:

*No one cares about you more than I do. And no one on this earth knows what's best for you more than I do.
More than WE do.*

So, knowing that, does it make sense to continue to spend your days depressed, down and feeling lonely or worthless because of what *another* person thinks, says, does or doesn't do for you? Instead, shouldn't we be focused on improving what WE think of ourselves and finding some kind of joy in every possible moment?

It doesn't matter if you don't have a boyfriend, a husband, a partner, a friend or even a family member riding with you. **I am here** and always will be no matter what. Romantic love and anything else that you want will come at the right time for you. In the meantime, focus on exploring ways to love on yourself more each day.

Remember what I said in this letter the next time you are feeling low or like life doesn't have any meaning. 9.5 times out of 10, you're feeling that way because *another person* has made you feel that way. Once you come to that realization, dust your feelings off, get up and do something nice for yourself. Even if it is just biting into a crisp, sweet apple, rewatching our favorite movie, or taking a walk by the water to chat with Mother Nature and think more clearly. Put YOU first and treat yourself how you want to be treated.

No matter what anyone else says, thinks or does, YOU MATTER. And you will always matter to ME.

I LOVE YOU ♥

(write your name here)

The Love Letter

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