

August 1, 2025

Dear Dad,

I'm trying not to be sad. I'm trying not to be angry. But it's so difficult for me. The truth is I miss you. I miss being able to pick up the phone and talk to you. Just tell me what to do and how to feel. Because right now I'm so confused! I don't know how to feel right now dad. I just don't know.

I know you didn't understand how I could have anxiety or my other mental issues. I wish you could have understood it but it's okay. I want you to know I'm okay with it.

Love,
Kyle