

Hi sayang,

I've always known you're the type who wouldn't reach out when you need someone. And that's okay. You feel like you could handle the problem, the situation, on your own and there's nothing wrong with that. However, if you do start feeling overwhelmed, you're not alone, okay? Talk to me. I'll help you.

I'm proud of you sayang. I'm so proud of you for all that you've done. You're quite literally the strongest person I've ever known but calling for help isn't a wrong thing to do. So if you do need someone, I'm here. Whatever the situation you're facing is, know that I'm right by your side. Even when you don't feel like telling me, look up at the ceiling and talk to it like you're talking to me. You could always start by saying what you feel and why you feel the way you do. Everything else follows after.

I'm really really proud of you damn. You can make it out of anything and still bounce back stronger. I just don't want you to feel like you have to go through it all alone when I'm literally right here. Even if you don't want to tell me what's wrong, just let me know you're not alright and I'll try to take your mind off it, okay? Don't worry about it, baby. Let your hair down every once in a while. Put down your walls. Let me in, okay?

I love you so much sayang. So so much baby. I'm so proud of you for going this far already. Keep pushing, my love. You'll be out before you even know it.