

Subject: Re: Private. copy for you

From: Mark Cao <mark.cao@gmail.com>

Date: 4/8/2024, 7:12 AM

To: Thanh Huynh <thanhxhuynh2003@yahoo.com>

Uh oh, did something happen yesterday?

On Mon, Apr 8, 2024, 4:09 AM Thanh Huynh <thanhxhuynh2003@yahoo.com> wrote:

Please take care of your mother by your own way!

Hanh,

I already ordered the cat scat pike rolls. I learned about that pike mat from the very nice Daiso clerk

Thank you for taking me with you yesterday and other times

I am confident that i am better than some dummy think about me

I am always observe and understand you (and others) VERY much, and accommodate others

The reason i keep myself from others, because I am, of course vulnerable, but I know how and when to express myself without hurting others

I LOVE and Care about you and dad more than myself. You are my life!

No matter what others think about me, i do not care, i only care about you!

Please reserve yourself!

I learned from CoDA and meditation and yoga that i am not to should and ought on myself and stop being a people's pleaser

At the beginning stage of my of those learning, i behaved correctly until I blowed up in the past

Please reserve yourself and stand up for yourself, understand your right to be a person and do not let others hurt you directly or indirectly

You grown up as a GOOD person

I still have my painful memories , but i know when or what to talk outloud about it

I could not believe that i started LATE my healthy life until this age, owing to all my CoDA sessions in San Ramon: " Love and preserve yourself "

With strong will, i survived difficulties and laughed quietly and proudly at those fake and phony people!

Please don't feel obligated to spend time with me!

I am confident that i am alone but NOT lonely!

[Sent from Yahoo Mail for iPhone](#)