

Dear sweet, precious, innocent
little me,



I'm writing you this letter to encourage you never to give up. There will be time in your life where you will be so scared, backed into a corner and having that feeling of just wanting God to take your soul, begging in fact or hoping someone would just come help. No one ever did. The pain you felt in your heart and the desperation crippling.

Little me, have Faith. You are loved.

I know you looked in the mirror and saw nothing but a worthless woman, not lovable, and unworthy of anything good in life. You hurt others on purpose sometimes, so that you would feel pain in return. Your mistakes do not define you. You're not the horrible person that you keep telling yourself over and over. The voices in your head, they scream mean and awful things. Do not listen to them. They tell you to hurt yourself and do bad things to yourself, because you deserve to be punished. This is not true.

You are loved. Have faith. Good things are coming.

Dear sweet precious little me. It's not your fault. You didn't know any better. Do not give up.

One day you will wake up and run away. Run away from people who hurt you and do not deserve your love. You will choose to better your life then let addictions take yours. You'll choose light over darkness. Happiness over despair.

You'll head in a direction that will lead you to another better direction and so on and so on. You will feel alone. And at times you will be alone. But there is light at the end of this very long tunnel. A journey if you will. Self-discovery.

Little me. Be courageous have faith and be wise. Do not get discouraged. You got this. Don't ever give up. And trust. He's got you.

Love, MS