

# Dear Olivia,



If you only knew how great life was going to be when you grow up, you might feel even just a little more positive about life! I know you feel ugly, stupid, worthless, miserable, and like you want to die. But trust me, you are so beautiful. If you could see yourself through my eyes now. I wish I could tell you that the sadness you're feeling every day won't last! That you can change your thoughts, and there is this beautiful practice of doing affirmations. Just know that I care about you so much, and I am fixing all the negative wiring from all those years.

We are beautiful; we are strong! You are so much more capable than you think. You're intelligent! I know you don't feel it now, but you will. All those people who tell you that you shouldn't smile, that you are ugly, that you're "too much" - don't listen to them. Their words all come from insecurity, but you are so much more than you will ever know. You will learn that your dad didn't treat you right and he still doesn't all the time. But please find it in your heart to forgive him. He is doing his best and can only give you what he has received. Please love him, as he needs love too.

Being popular isn't important! Having tons of friends is not important! I wish I could tell you that people need to prove themselves to you, not you to them.

If they want to be in your life, they need to respect you, show you kindness, treat you with love, show empathy, and prioritize you from time to time. You deserve to be respected and loved!

All those feelings you are trying to hide from are ok to feel. The feelings will not destroy you; they are a part of who you are. Accept that not every day will be butterflies and rainbows. I promise you that you won't be there forever. You will make it out of that dark pit. You will find the strength to stop! You will fight off all those demons clutching to you, dragging you down. But those demons won't be able to follow you where you're going. When you felt so broken inside, you felt the only way to put yourself back together was by numbing all the pain with drugs. You lost your worth, and you felt like all your honor was gone. You did things for men that still will haunt you later - that does not change your value!

People may have exploited you, but you are still the kind, beautiful, caring, genuine girl that you were before. God still loves you. He NEVER stopped loving you. Even when you thought God was not with you, He was always right by your side. He is still there, holding your hand! You deserve His love. Oh, how I wish I could tell you that you have always been deserving of His love, even when you

turned your back on Him. You have so much worth, and your actions never changed that! But I know you still have so much further to go. Your journey is going to make you into who I am today... and today, I am able to love myself, respect myself, ask for my needs to be met, know that I deserve love, know that I deserve respect from others. Know my worth!

The mountains you are climbing have so many wrong turns you will almost fall off the cliffs but keep going because although you can't see the top now, it's closer than you know! You never deserved to have your body violated, your boundaries crossed, or treated like a doormat. That doesn't mean it should have happened. But it did. Reach for Him. He's patiently waiting for you to come back. Life is just beginning. You have so many beautiful and wonderful experiences ahead of you. Those experiences are all going to make you stronger! Just hold on a little longer. I promise everything is going to be ok.

*Love, Olivia*