

Hey you,

I see your pain & I am so so sorry you have it – it wasn't meant for you as someone else gave you theirs (directly or by not knowing how to help) but now it's stuck. If you are feeling alone & in pain please know you are not alone in feeling alone, a lot of people do even when surrounded by others & pretending they are fine. There's a lot of people who have been where you are & I won't pretend it's easy or quick to claw your way out, but it is possible. It's not you or your fault, it's this wonky world we live in where everything is outta whack, which still leaves you with your pain so this is for you. (it's impossible to tailor to someone I don't know but if anything lands I am glad, & if it annoys that can still feel better than pain??!)

I know it can be hard when you see all those messages about being surrounded by the right people, or messages telling you what to do (believe in you! tell someone! think of others!) but those aren't for some of the deeply wounded, or by anyone who knows what that feels like cos if you could've you would've by now. Most alone people have reached out & been let down & there's only so many times you can do that, especially if your wound tells you you don't deserve the care. If you have no-one you feel safe with that is not your fault. Had you been born into a different circumstance you would not (still) have this wound; had it been a physical wound you wouldn't still be in pain, & this is a splinter in your soul.

You shouldn't have to but keep looking for the people who get it & can hold the pain with you without making it worse – even if those people are in books, or online, or on TV, or even in your imagination. It shows they are out there & helps you hold on (animals work too). I know sometimes you can be so desperate for someone to see you, to connect with you but also terrified at the same time. Baby steps, & know the right person will make you feel safer not worse.

It is hard to keep hope alive when it keeps getting squashed, the cycle of hope, crash, give up, hope is understandable, & very painful in all stages. Sometimes you need to hope, sometimes to distract, sometimes feel the pain & sometimes heal, but it's also OK to be exhausted & tread water. You deserve to be fully seen & loved warts & all, right now, even if those around don't know how; & them not knowing how is not proof you don't deserve it, just proof they don't know how to love you the way you need (& they can still be good people & not know). It can be easier to think it's your fault you aren't like others, but you aren't meant to be. The world needs every person to be themselves so I'm sorry you haven't got that right now.

The story that helped me is that we are all born as a jewel and as you go through life it can throw crap at you that sticks & you forget who you are underneath; you have more crap than most but you are still a jewel underneath and still worth digging for. Sometimes you may only see the crap and it isn't fair you need to dig deeper to heal, but unfair won't change it, sadly. Remember who you are underneath.

When you look at life from inside the pain (or beneath the crap) life will feel overwhelmingly painful, your beliefs are about protecting yourself & you will fear the worst – that's a normal reaction to pain and had you had help to heal it would not be still happening. Just like if you have tooth ache it can be hard to remember the parts of you not in pain, but they are still there. Your wound is one part of you & other parts can help the wounded part, can still have hope while you are in pain. You are not the wound & you are not broken, you are just exhausted from carrying the pain. And remember it comes in waves, the pain. Breathe & wait for it to ease.

Of course you want the pain to end, none of us are good at emotional pain & when it is that big...wow. Do not under-estimate how hard that is, give yourself a break. Find your ways to manage the pain & throw everything at it to heal it, & I mean everything – small & large. Find a way to be that safe person to you – chip away at it & forgive yourself for whatever you do to survive it. And you are amazing for surviving and still hoping; there are lots of people who see that even if you do not know them. Do not turn on you because the people around you don't know how to help, they are not everyone.

Hard as it is try not to blame yourself, or compare to others, think you are weak, a burden or need fixing. People judge cos they can't handle their own pain, not cos you can't handle yours, and those that are OK are lucky cos everything looks different to them. You are the best you can be given your past, you are carrying more than most people could handle. If you got hurt as a child & no-one taught you how to deal with it, it is not your fault you didn't know how, or that you still have some of the same coping skills as an adult. Anyone who'd gone through that would be the same – it's complete BS to say you can do better than you are without healing. Only people who haven't felt this pain say that, & it makes it harder to cope when others tell you you should change – as if you are too dumb to work that out yourself!

I'm not gonna say go out & help others cos a lot of people in pain were taught other people were more important than them & that feeds into it, but it may work for you. Same with exercise, getting out in nature, music, writing etc – if it

feels safe for you great but it may not. Sometimes hiding is what you need...til you are ready again. If this were physical pain sometimes you just need to sit & wait for that wave to ease, this is no different. Treat where you are with what you need now.

When you are in pain try not to add to it, all the stories we spin attacking ourselves, I know it is so hard but if you can just focus on feeling the pain & breathing it is easier. If not that is OK too as keeping the pain alive is a form of protection too (from getting hopes up & hurt again). Your beautiful body & soul are doing their best to protect you, even if it looks the opposite. If you can – thank them.

What helped me at my darkest point is deciding to have one last go at throwing everything at it whilst using the least harmful way to cope, but you are different. Do what you have to to get through & keep searching for the life rafts.

Namaste you angel

K

PS can also help to make a plan, or write a reminder, when you are in less pain to use when you are in most. Feels like you are there supporting you.