

## A Letter To My Past Self.

Dear past self,

Things will get better.

Even when you are drowning in the world around you and scared to say or do anything.

Even when no amount of sunshine can help you see the light or help you feel happy.

Things will get better.

Even when you keep all your thoughts and feelings until the end of the day and over think them through the night.

Things will get better.

The anxiety will stay but you will learn how to overcome it and feel more in control throughout your everyday life. You will learn that the sadness comes and goes as it pleases but still you will persevere, cause you are stronger then people like to give you credit for and even with all that.

Things will get better.

You will lose people who meant the world to you. You will be left alone on this island that is your mind with all the worse possibilities running through it, you'll believe that this is it and you will never feel the same but don't despair because.

Things will get better.

Things will get worse before they get better. Stranded and alone you'll be down and everyone who passes you will kick you down further as they pass. You will reach rock bottom and think that no matter what happens you won't be strong enough to get up. You have been told your whole life that you can't and won't do it, you're too weak, you don't try hard enough or you don't care enough to try. Even when you have nobody there for you, you can do it. You will learn that being alone will teach you to be strong and from there you will build yourself up. And soon you'll see that

Things will get better

You'll learn that your best work comes from when you can learn on your own. Without that isolation you wouldn't be who you will become. You wouldn't have the friends you have

today. The ones that no matter what are there for you and make your world bright and exciting. The ones that bring out the best in you, your energy, smile and humour. The ones that allow you to feel instead of hide.

Things have gotten better.

You will be happy. You will have friends and more importantly you'll believe in yourself again. Things change, there will always be ups and downs in life but you'll grow and adapt.

You are stronger then people give you credit for and because you knew this.

Things got better.