Oh my dear, wow. I see how hard this was for you to be all alone. To feel hung out to dry right in moments you needed someone to care the most.

When we are little one of the main things we need is for another to say our experience is normal and OK. That we are good, loveable and acceptable, even as we are having a hard time. “It’s OK dear. That must be scary. What you are feeling is normal and OK. And I can understand that. And you don’t need to be scared.

I see how afraid you were. It is sad. I don’t want you to feel all alone in that.

You were caught all by yourself. You didn’t have anyone to share it with or check it out. You were all alone. Your little self. You said or thought, “Hey can I have this. I need this.” And you weren’t heard.

You were taken care of physically, but you were all alone emotionally. It doesn’t mean that your parents didn’t love you and they weren’t good parents. What you are telling me is, emotionally, I grew up all by myself. You’ve grown up emotionally alone. Dealing with it all by yourself.

It’s OK for you to be afraid, we are all afraid sometimes. It doesn’t mean you are a bad kid or disappointing kid. You are understandable. It’s OK to feel this way. There’s nothing wrong with you.

You are aware that you have longed for that and you’ve never had that. You’ve tried to suppress this sadness because you’ve never had someone come meet you in this place. You didn’t have anyone to share your fears. You didn’t have anyone to share your hurt with. Your worries. Or how you might disappoint.

I’m sorry I just hurt you. I see now how my behavior is hurting you. I will start listening to you, your needs and your emotions. I’m sorry that when I command that you conform to my rules that you don’t value or agree with, that this invalidates your wisdom and experience. And in essence you. I’m so so sorry at how much pain I’ve caused you for all these years. I will learn to sit with my own emotions, so that I can then listen to yours. I will learn to not blame myself, as I’ve been trying my best. I will see you as your own separate being with a different mind and heart than me. I see how much it has hurt you to not do this before. I’m so sorry. The parts of you that scare me because they are so different from me, I will open to and allow you to live into them. I see that I have been blocked them, and I will stop. I will let you truly make your own mistakes and love you that you tried at being you. I see that my thoughts are controlling and black and white and I will value you and your experience over the rigid thoughts that seem so compelling in me. And I see now how they really don’t make sense to you. I will no longer let my wanting to look good to our friends and neighbors dimmish your expression, wisdom and light. I will face my intense fear of not being in control with presence and compassion. I will let you be you. I will not force who I am on you. I see how different you are than me. I don’t even get or understand parts of you. I will make space for your expression, your hurts, your longings, and your dreams. I want to know who you are. Even the parts of you that are not in line with my beliefs. I want to know you. Whoever you are. I want you to tune into your wisdom and stay true to yourself. I want you to live from your intuition, not mine. You have a beautiful heart, are truly empathetic and kind. You are a good wise person. I want you to trust your own knowing and live from there. Even when it scares me and I don’t understand. I want you and your way to take up space and matter. It’s Ok if you mess up. No one is perfect. Better that you live your own path imperfectly, than conform to mine. I don’t have everything figured out. No one does. You are the only chance at truly living you. I will now acknowledge when I am emotionally hurting you and stop doing it as soon as I see it. I will care that I just hurt you and take responsibility. I will let you know your feelings matter. I will be soothing when I inadvertently hurt you or others do. I will not hold you to my ridiculous standards that are not aligned with who you deeply are. And will stop hanging you out to dry emotionally. Your feelings matter to me. There is wisdom in your way of being. I see the parts of you that I’ve been too scared to look at before. I see how different you are from me. What do you need to fully live those parts of you more? What is your experience like? Who are you? What are your inclinations and longings? What are your dreams?