



Hi,

I've been thinking a lot lately about how you always say I can come to you if I'm struggling with something. The thing is, I'm not always sure how to explain what I'm feeling. But I do feel a lot of things, and I'm going through a lot of things.

Sometimes, I'm really stressed about school and trying to make time for everything and everyone. Sometimes, that makes me just want to zone out or scroll through funny videos until I feel more like myself again.

Sometimes, it makes me be very focused on what I need to get done.

Sometimes, I worry about who I am, whether people really like me, and whether I'll ever feel comfortable in my own skin.

Sometimes, I'm really worried about the future, because I don't really know what I want to do or where I want to be.

Other times, I get really excited thinking about all the things I'll do when I'm older and living on my own. I think about going far away where I can be whoever I want to be. But, at the same time, I feel really scared about leaving home, saying goodbye to my friends and being alone.

Sometimes, I feel tired and just want to sleep in. Other times, I have so much energy I don't know what to do with it.

Sometimes, I wonder whether you're proud of me and what'll happen if I mess up or don't turn out the way you expect.

Mostly though, I'm OK. And I think I'll be OK. It really helps to know you're there for me. And, even if I don't act like it, I do appreciate it when you check in or ask me how I'm doing. I know you're trying to do your best by me.

I'm not always the best at saying it, but thank you.

Love, Me