

A LETTER FOR YOU

A Letter for When You Feel Like a Burden

Dear you,

When you worry you are too much or a burden, asking for support can feel like something you need to apologise for. That worry can be loud, but it is not proof that your needs are wrong.

You do not have to explain everything perfectly. You could start with one honest sentence: "I'm having a hard time. Could you stay with me for a bit?" Or ask for something specific: a call, quiet company, or help with one task.

If someone cannot be there just then, it can sting. Their availability in that moment does not measure your worth or decide whether you deserve care. There may be another person you can try.

You matter in relationships as a person, not only for what you give. Letting someone care for you is part of being human.

With care,