



Hey(name)

Dear [Your Name],

I see you. I see the strength it takes to get out of bed each day, even when the weight of the past feels unbearable. I see the courage you show by continuing to fight for a better life, despite everything you've been through. You've endured pain that no one should ever have to face, yet here you are—still standing, still moving forward. That is extraordinary.

You are resilient. Your ability to survive and adapt in the face of unimaginable challenges shows just how powerful you are. Even when the world seemed cruel and unforgiving, you found ways to keep going. That strength isn't just survival—it's a testament to your incredible spirit.

You are compassionate. Despite the wounds you carry, you have such a deep empathy for others. Your experiences have given you the ability to truly understand pain, and because of that, you can offer a level of kindness and support that is rare and precious.

You are brave. It's not just the big moments of bravery, like leaving an abusive situation or standing up for yourself, but the quiet bravery too—the bravery to keep trying, to heal, to hope. That kind of courage is remarkable.

You are wise. What you've been through has taught you so much about life, about people, and about yourself. Your insight and intuition are gifts that others will benefit from, and they are a part of what makes you so unique.





You are worthy. Not because of what you've done or what you've survived, but simply because you exist. You deserve love, kindness, peace, and joy—not because you've “earned” it, but because it's your birthright as a human being.

You are healing. Every step you take toward understanding yourself, toward setting boundaries, toward loving yourself—it all matters. Healing isn't linear, but you're doing it. And that takes courage, patience, and so much heart.

You are amazing because you are you. The scars you carry, both visible and invisible, don't define you—they show your strength. They're proof that you've lived through pain and come out the other side with hope still in your heart.

So today, and every day, remember this: You are not your past. You are not your pain. You are a person of infinite worth, with a future full of possibilities.

With all the love and compassion in the world,

WITH ALL MY LOVE,

Your
Universal
guild
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