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Love Letter — “What is the Best Thing?”

My Dear, I just wanted to say ~

I know you have wondered, from time to time, if what you're doing is the best thing. We all have. What if it isn't? Then, what? You might have a suggestion (or two) about what you should be doing instead. But you've watched yourself shut down in that confusion, unable to do anything.

What would make you feel safe enough, sure enough, capable enough to make the “right” choice? The choice that would be the most loving.

Can you engage the child and talk with her? Ask her what she needs. Tell her about your needs. Find out why she is questioning what you're doing. What can you do to make her feel better? Maybe, between the two of you, you can find the answer.

*All My Lovin,
A.*

For more Love Letters visit www.UpWriteWords.com