

# UpWrite Words

## Love Letter — “Crutches”

*My Dear, I just wanted to say ~*

*It sounds to me like you're feeling sorry for yourself.  
You think you don't have what you want, so you run for crutches ~  
Eat, drink and be merry  
Blow off what you want to do  
Feel like you need to rest instead  
Zap your energy worrying or aching  
In so many ways  
All is Well in this moment.*

*What if you choose not to feel sorry for yourself?*

*Instead, turn your attention to other things ~*

- \* Reminding yourself that you don't need those crutches*
- \* Saying positive things about yourself and your life*
- \* Acknowledging all there is to be grateful for*
- \* Believing more in your successes*
- \* Allowing life to be what it is*
- \* Trusting that you can*
- \* Doing what you choose to do, what is good for you*

*Then, maybe, you won't need the crutches.*

*All My Lovin,  
A.*