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Love Letter — “To a Friend”

My Dear Friend, I just wanted to say ~

You hurt me with what you said. I'd hoped you'd make me feel better about myself, but I ended our talk feeling worse. Your hits came too quickly. What you carelessly commented on was something I spent a lot of time thinking about and constructing with care.

*I have a feeling, though, that it *was* your intention to make me feel, not just better, but really good about myself. So, in essence, the failure was only in your delivery. Chances are good the lapse was more about some place you're hurting or feel less than, than about where I may not have lived up to your expectations.*

I don't want to say I'm right and you're wrong. What I want to do is love you instead of feeling bad about me. To understand that you had some things on your plate that made it hard for you to respond to me in a more loving way. Maybe you are just unskilled at expressing these kinds of things. I know I have done the same things - reacting out of my own issues and not pausing to think about and love the other, first. Maybe I can love myself enough to allow it in you.

My prayer is that saying these things to me helped you in some way, brought you more clarity - as it did for me. It also gave me an opportunity to find myself in a place of hurt and allow myself to step out of it. Thank you for that.

It means a lot to me that you are my friend. I want to open my heart and love you, rather than close it to you because of a thoughtless, unconscious remark.

*I remain your friend,
A.*

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