

For my safe person...

I don't know how to start this conversation, I have something hard to tell you, and I'm scared.

I'm scared you'll be upset.

I'm scared you'll judge what I've done.

I'm scared you'll be angry.

And I'm scared that after I say it, things between us will feel different.

But I'm more scared of carrying this alone.

I'm handing you this card because in this moment, I need you to be my safe place.

I just need you to listen.

I just need you to hold me without judgement.

I just need to know your love for me is bigger than whatever I'm about to tell you.

I don't need you to fix it yet.

I know there may be consequences.

But not right now.

Right now I need you.

As your safe person..

You have given me this card, which means I know you are coming to me with something hard, something you're scared to say, something you've done or something that's been done to you.

I promise you this:

I will not explode.

I will not make you regret telling me.

I will not make this about me.

I will hold you first.

I will ask questions later.

I will love you through it, all of it, no matter what it is.

It will never change the way I love you or see you.

Then I will love you through it all, all of it, no matter what.