

Dear Me

Dear me,

You need to stop putting yourself down,

You need to start believing in yourself,

You've got so much to give,

You show others so much empathy and kindness,

But not to yourself,

You're always doubting yourself,

Dear me,

You're a bad person,

It's not your fault you've been let down, treated so badly,

Dear me,

Please hang on to hope,

Because you are beautiful,

Inside and outside x