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Hello,
I understand how you're feeling. Everything right now might seem like, it's all coming at you. I was in similar position years ago, just like you I closed off from everyone, I enjoyed the space away, from those around me, maybe it was due not wanting to let people in, so they wouldn't judge me. Sometimes we build these walls to protect us. In turn they can do a lot of harm. The time you spend in this kind of isolation, can affect your own judgement, you will place a lot on yourself to help yourself. It can be hard to open up to others, a good place to start is to let your guard down, and grow to trust those around. Break those walls you have placed. It's okay, to want to talk to others, and it's okay to have someone to talk to. Sometimes things may seem like they can't get better, but in all this time we have, it's hard to say things won't look up. This is yours to create and you have so much time to do it. Life always will, have its low points. The beauty of this is that the low points will make us appreciate the high points so much more. Whatever you are going through right now will pass, and you will be okay.

Cordially, Pen Pal.