I don’t really know how you are supposed to start this or what exactly I am supposed to say especially since nothing that I say here will ever make up for putting you all through this. I could say I’m sorry but you all already know I am. I am sorry to miss **X**’s competitions and graduations, **X**’s wedding, and every other event and significant milestone in everyone’s lives. I would never do this if this weren’t the absolutely, last resort. You can all say I could have tried harder or that it wasn’t that bad or that I looked happy enough but the truth is I have been miserable for a long time.

I hated myself starting in 5th grade and I would bruise myself or nick myself on a razor more than was accidental.

I hated myself in 7th grade when those girls called me fat and worthless and I held a lighter to my stomach.

I hated myself in 9th grade when I ended up trying to hook up with this man because at least I could feel some companionship that way but instead was raped after I told him I had changed my mind.

I hated myself in 10th grade when you sent me to a treatment program and I thought that I was broken, unworthy, and a miserable waste of space.

I hated myself in 11th grade for having lied to everyone about the program making me “better” when really it left me with more nightmares and trauma than I had before.

I hated myself in 12th grade when I hated mom and dad for sending me to the program, and was having nightmares about being back there again.

I hated myself freshman year because I had no friends and wanted to kill myself while abroad in some of the prettiest cities in the world.

I hate myself now because I will never be good enough and because I still feel the need to kill myself.

If any of you think this is about any of you, you’re wrong. I did this because I can not live with myself a day longer. I think I am; unlovable, unworthy, untrustworthy, a liar, a fraud, pathetic, a loner, fat, ugly, depressed, and broken. In addition to that, I also have no friends and don’t feel like I fit in anywhere, never have. So what is the point of living when I am so revolting and don’t belong anywhere in particular? Well the reason I have stayed alive for this long has been because of all of you. The idea that you all would hurt and suffer from my decision has kept me on this planet longer than I ever could have imagined. I didn’t want to disappoint any of you or make any of you think it was your fault. I have suffered this long because your happiness outweighed my depression. You were always more important. Even as I write this I don’t know if I will be able to put my own need before all of you. I suppose if you are reading this however, that I made the selfish decision and I am so sorry for that. Below I wrote something for each of you and I know that it will never make up for this but I just want you all to know how much I loved you and thought the world of you.

Niece:

God I really hoped I would never be writing this but here I am. I know you will probably never understand why I did this but please know that you were the light of my life. On nights when I was sad, I would watch videos of your competitions and pride myself on how awesome you were. I am so sorry I will never be at your wedding or your graduations and that I will miss so much of your beautiful life. I hope you never let the sorrow in and you remember how important you are to so many people. You are the most courageous, beautiful, powerful and intelligent young woman I have ever met and I know you have great things in your future.

Sister 1:

I am so sorry for the timing. I know you have your wedding and how hard and long you have been working on that. I hate to disrupt any of that but just know I had to do this. If I could have possibly made it through your wedding, please know that I would have. I tried so hard but I just couldn’t do this anymore. I love you and I think you and him are going to be a wonderful hubby and wifey and have the cutest of kids! I have so much hope for everything you have going for you and I hope you never let anyone stand in your way. You offered me help a few times before and I am so sorry for not taking you up on it I just couldn’t let you guys see how broken I actually was. I always wanted to be tough and I hated when everyone talked about me behind my back like I was sick and dying. I didn’t want pity and I didn’t want everyone to look at me that way they do when they think your fragile. I should have reached out to you. I should have put my ego aside. I am sorry. You were a wonderful sister to me and even though we fought a lot in the past, I know you were always there for me and would have fought at my side every step of the way.

Brother 3:

Recently you’ve been calling me on your way home from work and it has been the greatest feeling of all time to see your number on my little screen. It always felt like a privilege when I got to talk to you because I looked up to you so much and I always wanted to make you proud of me like I was of you. We talked about stupid little things but it still brightened my day to know that someone was thinking of me and wanted to reach out to me of all people. Thank you for being such a great big brother. You have supported me in the worst of times and you have always tried to protect me from harm’s way. I love you so much and I hope that you continue to build relationships and stay open with everyone even when it is really hard to. I know for a fact that one day you will be doing great powerful things and will definitely be driving a cool car to go with it.

Brother 1:

You were my idol for so long. As a kid, I looked up to you like you were the sun that we rotated around. You were the coolest big brother anybody could have and you were all mine! Then you brought my niece into the world and that was the greatest blessing of my life. She gave me so much light and happiness in times when I had none. You struggled and hurt but you always pushed through it and even though things are hard for you, you have never given up and that makes you the bravest man I knew. You are a great father and have such a big heart; I hope that even when things get tough, you keep it open for everyone to feel. I love you and even when things get tough, which they inevitably do, remember that you are loved and adored by everyone that knows you even when it doesn’t feel like it.

Sister 4:

You were my best friend. I loved you so much and I am so sorry I didn’t reach out to you about everything. I kept trying to get help but everything was so hard and I just couldn’t take it anymore. I hated myself so much before and now, to imagine putting you all through this I feel like the most selfish person on the planet. I may not be able to make it up to yall but I hope you continue on with your life and make sure you don’t take too much of this out on your boy. He’s a wonderful guy and even if yall fight, I see how much you love each other. You two are worth saving. Thank you for taking care of me and helping me move and picking me up from airports and being the best big sister I could’ve ever dreamed of having. I am so grateful I got to spend this last year here with you in Boston and I hope you know how much you impacted me. You made everything slightly more bearable and that is more than I ever could’ve asked for. You were such a role model to me and you should always be proud of how resilient, confident and intelligent you are. Please don’t ever stop living your life to the fullest.

Mom:

Oh God I’m so sorry. I am so sorry, I can not imagine what this is going to do to you. I hate myself even thinking about it. I am so grateful of how close we have come in the last few years and I appreciate how much you have put into my wellbeing. You were my rock and I loved knowing I could talk to you.