A Love Letter to Little Me

Dear_____,

I am so happy that I am connecting with you. Perhaps I have not thought about you in a while, but I know that you are always there. I know there were times when perhaps you felt alone or scared and there was no one to comfort you. Well, I am here to change that, so you never have to feel alone again. Most of all, I want you to know that you are safe. Here a few things that I want to share with you:

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