HELLO FRIEND,

I MAY NOT KNOW YOU BY NAME,
BUT WE HAVE FEELINGS THAT MAY BE THE SAME!

I HAVE FELT CONFUSED, SAD AND SCARED BEFORE,
ALSO WORRIED ANGRY AND OTHER FEELINGS GALORE.

THIS LETTER IS TO SHARE WITH YOU THINGS THAT HELP ME,
WHY DON'T YOU TRY IT TOO AND SEE!

LOVE,

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