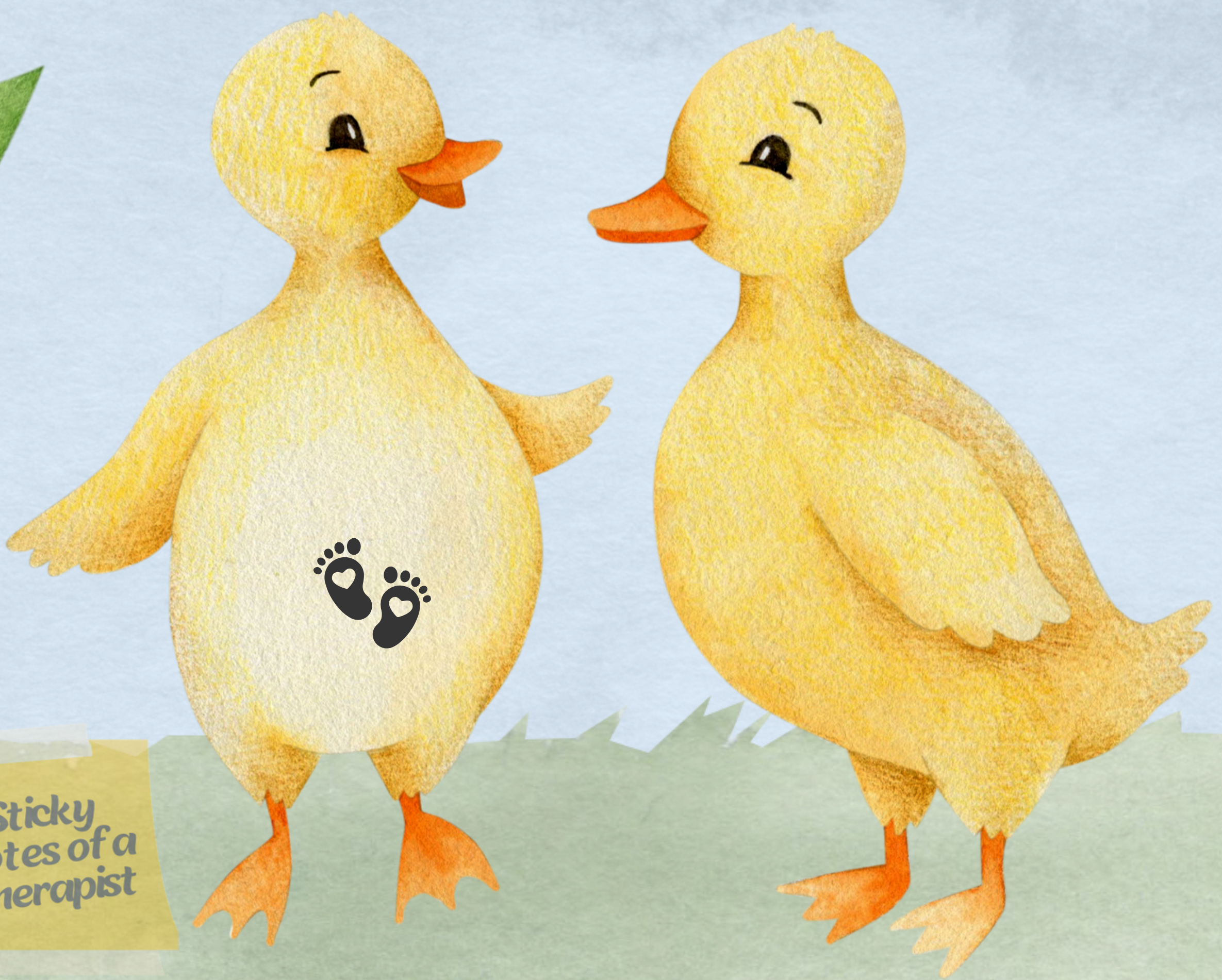




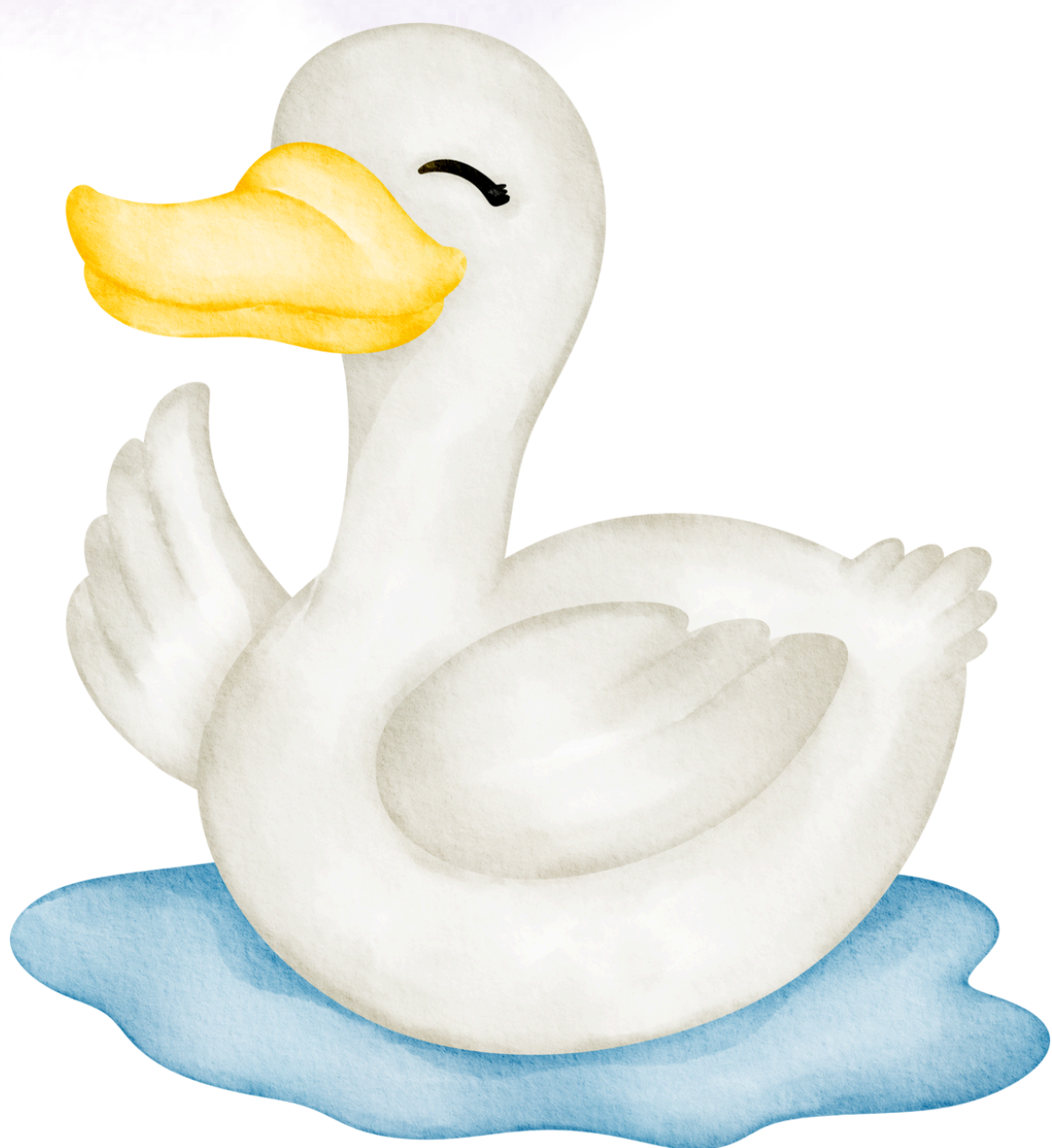
more
THINGS I WISH I SAID TO MYSELF
^



hey there little one
yes, you!
in case you're wondering
why you got this book,
read on &
i'll help you understand



we spend our lives doing
so many different things,
learning, loving, living,
understanding,
misunderstanding,
so many things



in this whole process of
doing & undoing,
sometimes we wish
someone would be by
our side & say
something to us that
would push, encourage
& motivate us

i've penned down some of
those here, things that i
wish we could tell
ourselves more of

i hope you read these
words and feel the same
warmth and love that I
wish for you to give
yourself

if you're wondering why
it's addressed to a little
one, then remember that
this little one is you!

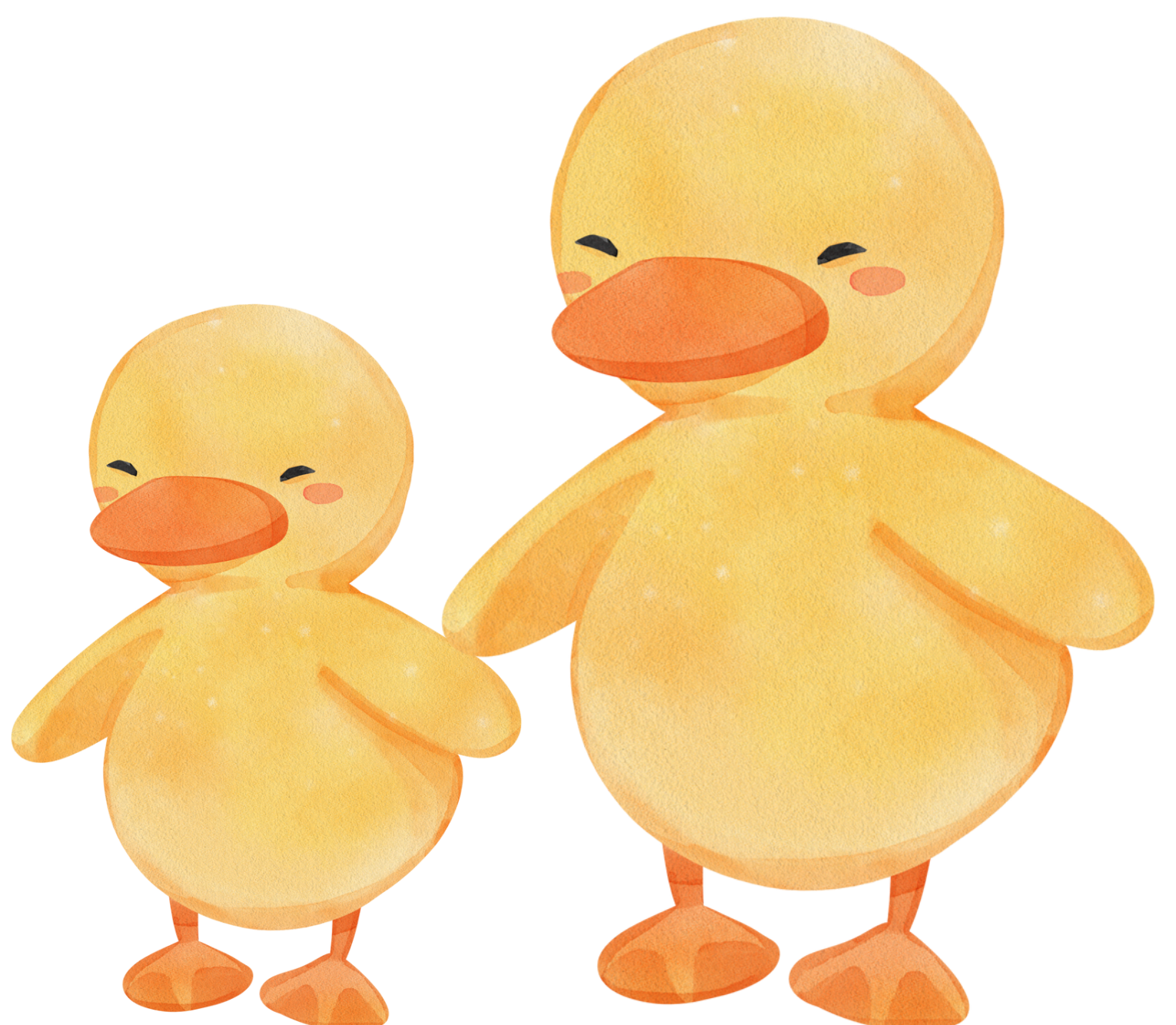


Sticky
Notes of a
Therapist



as adults sometimes we
assume we don't require
it anymore because we
are big, old & mature
& perhaps only as
young children are we
worthy of love,
appreciation & warmth

however, we would never want to
deny any of these feelings of warmth
to anyone,
especially someone small & young
which is why this book is addressed
to you as a little one



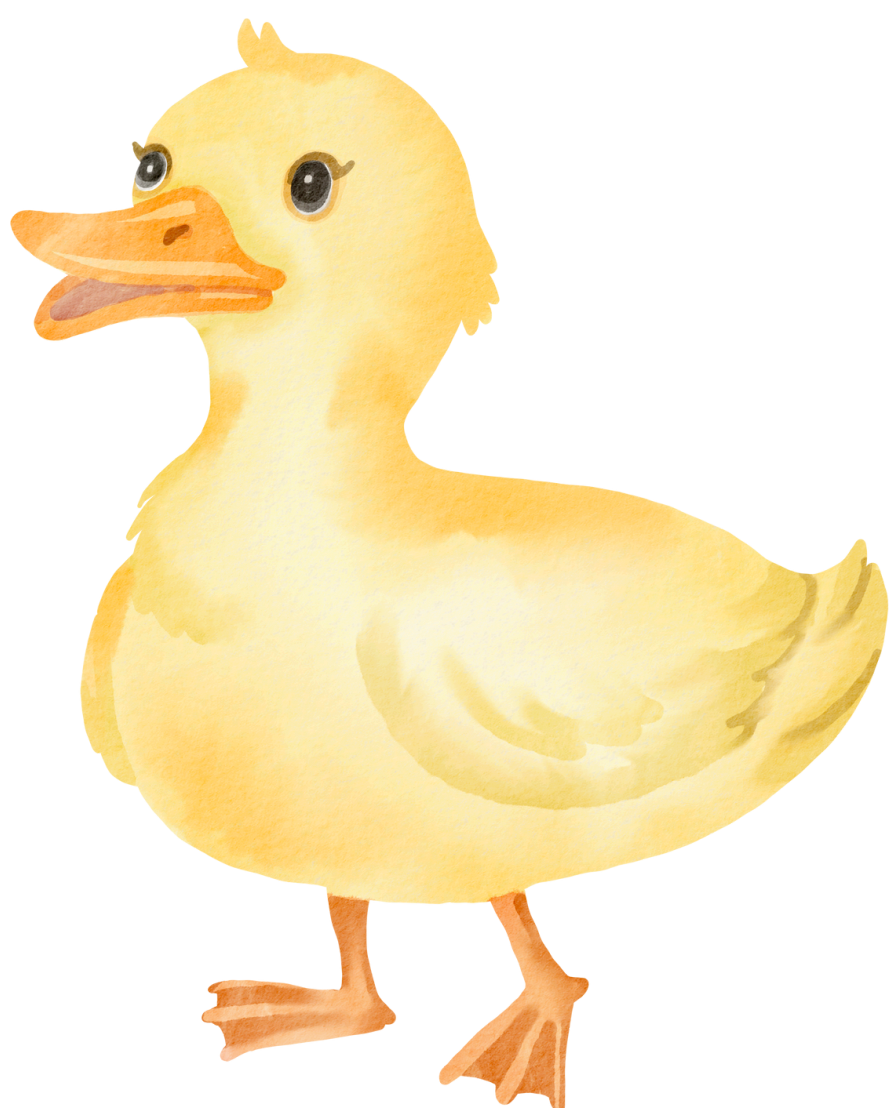


hey there little one
welcome to this world!

kudos to you for each
day you are spending in
all the different ways
that you already are—
it takes time, energy &
courage to do that



i'm sharing a few things
that i hope you keep and
share with yourself —
days, weeks, months &
years from now



i wish you knew

Sticky
Notes of a
Therapist

dear little one,
i wish i could tell you
how much i cared for
you then & how much i
want to care
for you now

i wish i cared for you in
the ways you wanted to
be cared for
i wished i had asked
you sooner



i wish you knew



dear little one,
i wish i protected
you less



i always wanted to take
care of you & save you
but i think in the process,
i held you too close
i didn't let you go out
& venture,
make some good mistakes
or come &
ask me what we could do
differently together



Sticky
Notes of a
Therapist

i wish you knew

dear little one,
i wish i told you
how i wanted to
be there for you



i wish you knew there
was someone waiting &
standing there for you in
case you decided to
turn back
even if it was for a smile



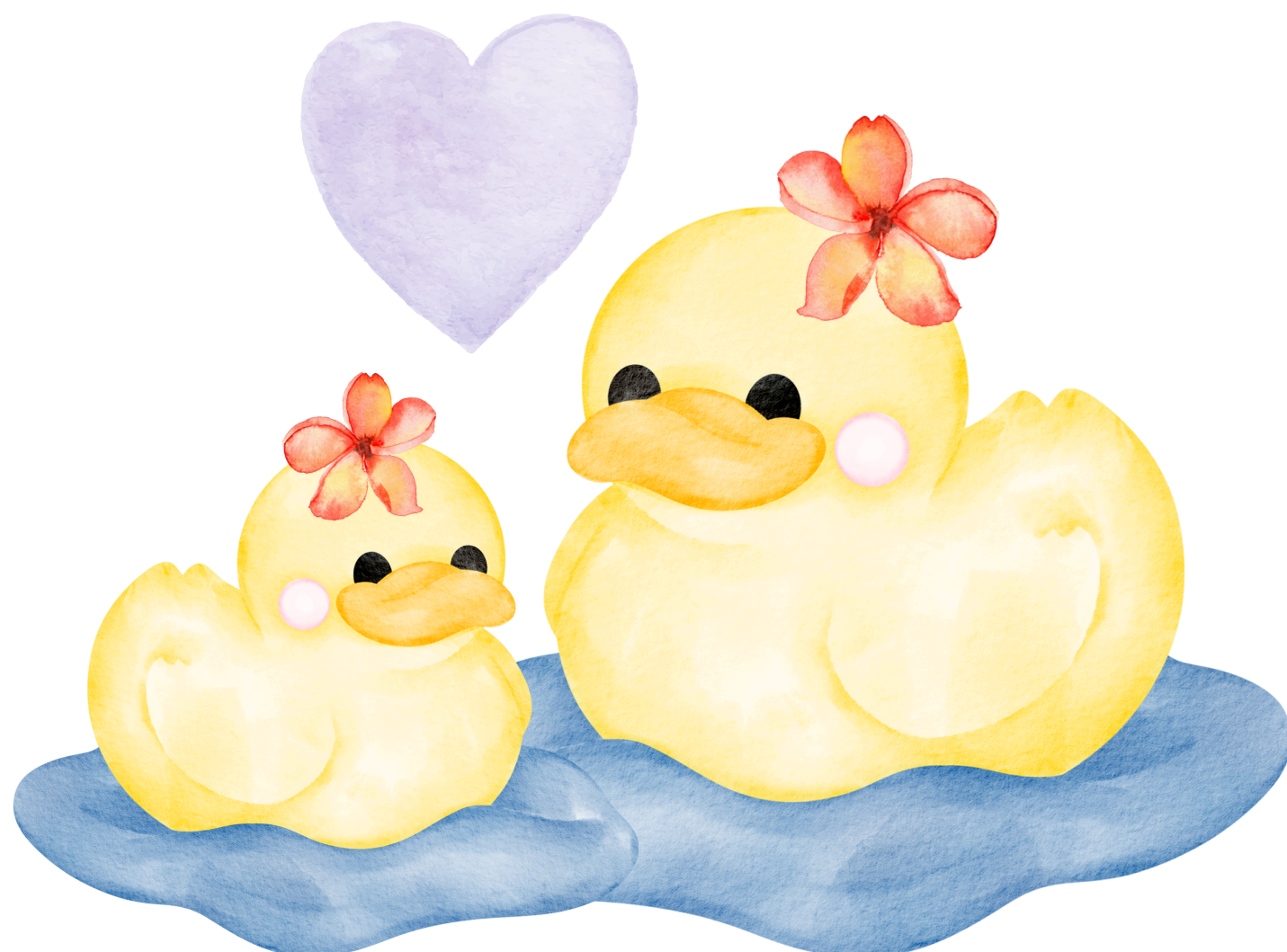


i wish you knew



dear little one i wish i
hugged you enough

i wish the warmth of
each & every hug could
reach you &
embrace you
i wish the hug could be
replicated & accessed
each time you wanted it
then & now



i wish you knew

Sticky
Notes of a
Therapist

dear little one, i wish i
told you how smart
you are

i wish you knew & know
now & in the future-
how intelligent you are-
in more than just
one way

how your mind thinks of
so many things in ways
that are different from
others

i wish you knew how
creative you are in your
thinking & nobody can
take that away from you



i wish you knew

dear little one, i wish i
told you how special you
are



i wish i told you that no
one is you
apart from you



there is only one you &
that makes you different
& unique & wanted &
amazing



i wish you knew

dear little one,
i wish i told you how you
will always be remembered



your laugh, your words,
your speech, your dressing,
the way you think,
the way you are,
you will always be
remembered

you will be remembered
for not just the big stuff,
but the small &
tiny things too





i wish you knew

dear little one,
i wish i told you how
you are doing your best

i hope you know that
you were &
are always doing your best
at that particular time

you may find ways to do
things differently now,
but that can't take away
from you all the efforts you
put in back then



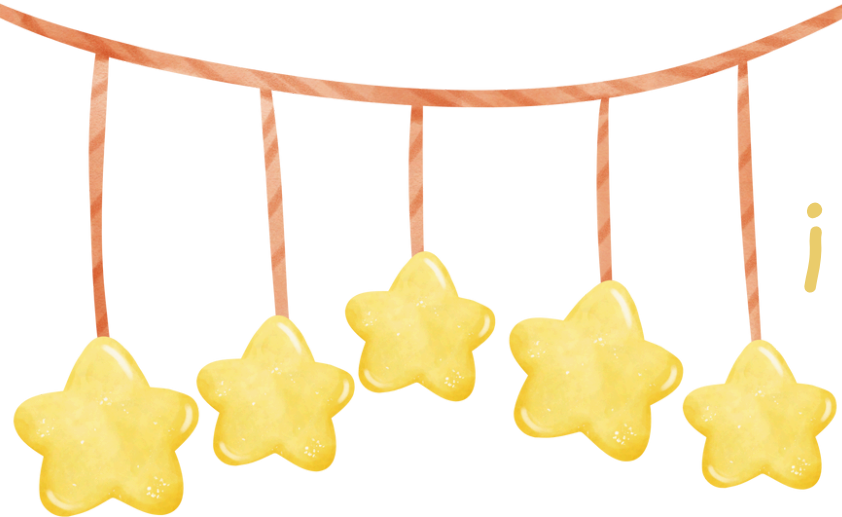
i wish you knew

Sticky
Notes of a
Therapist

dear little one, i wish i
told you that you
are enough

you don't need to prove
to me or
someone else or
to the world
that you are worthy
because you already are





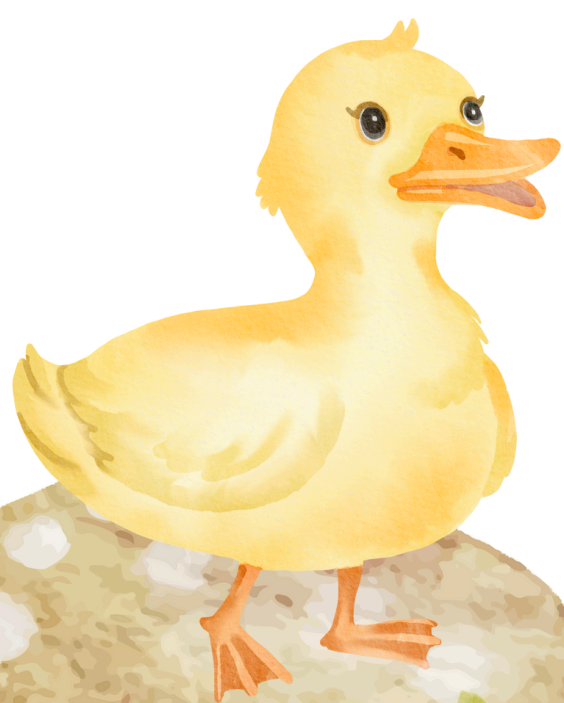
i wish you knew



dear little one,
i wish i told you how
courageous you are

i hope you always remember
how powerful you are

i can't imagine you
living & being
& doing the things
that you
currently are



Sticky
Notes of a
Therapist

i wish you knew



dear little one,
i wish i hadn't stopped
you from making friends

i wish i let you connect with
people in ways and
capacities that felt
comfortable to you

i wish i hadn't tied you
down to specificities, role
expectations and obligations
i wish i told you that you
are free to choose
your friends



i wish you knew

dear little one,
i wish i told you that
i loved you then &
i love you now &
i have loved you in
between



i wish i said it out loud
in words &
not just through my
gestures, actions,
hardwork, sacrifices
or gifts



hey there little one!
i hope you keep these
words with you
i hope you open them
from time to time to
remind yourself
but this time, in your
own voice

hey there little one,
i'm proud of you!

