

Dear mom,

7-1-21

Hi! I'm sending you this letter for multiple reasons. I hope you can remain open to what I'm saying and where I am coming from. To start I want you to know I love you so much and I'm extremely thankful for everything you've done including love and support.

To start; yes, I was depressed while I was living with my father this past year. The adjustment was extremely difficult, I'm still processing everything. I would turn to substances to "fix" those strong emotions. This led me to say cruel things out of desperation and I now realize how poor my decisions were.

My father's decisions weren't the best either and nothing I'm saying justifies that. I can understand why you wanted me to live with you. I wanted the same thing all my life. However the way we had approached this conflict was very destructive.

I know that you're probably thinking that I've been manipulated. I'm unable to convince you either way but I can tell you about my treatment these last 3 months. It's caused me to grow as a person.

At first I didn't like the idea of treatment. I thought that I wasn't to blame. I was very much so in victim role thinking. I also would justify my actions. I've learned that to be the best version of yourself you have to admit you can improve. Treatment has been one of the most difficult things I have done. It was mentally and physically exhausting. But with it I was able to realize my errors in thinking and see that I wasn't truly ~~was~~ happy with where I was and something was missing. I know grandma's death wasn't easy and that you're still processing. I am too. I strongly believe you need a healthy way to do so. I've learned a huge amount about myself and how to express my emotions. I know that communication can be hard but it's something that is of importance. While in treatment I would be given a list of chores that needed to be completed daily. This helped me develop certain life skills and how to take that initiative when doing things.

Now what I'm about to say please don't take it defensively. I think you should attend therapy or a treatment place. I saw how it had effected me and I want the same for you. I've grown very much.

Through therapy I was able to develop a relationship with my father. He's done a lot of work himself. Although I can't convince you he has changed. But I do hope you are able to put your strong emotion based feeling aside and think about what's best for me. I want to be able to have a relationship that's healthy with both my parents.

I think the best way for you to understand is to see how everything has made me feel. Living with you I was taken care of but my environment wasn't the best. This is caused by many parts. I'm not saying bozeman is the best place to live but I am going to have a better life in the future from there. I was depressed there because I was thinking with my emotions. Saying what we have about my father has been extremely damaging. I've learned my irresponsible reasonings these things and I hope you can as well. Being in court, being put in the middle and the daily teenage worries became all too much.

I think that for now it would be best for me to live with my dad. All I want from you is for you to be the best person that you're able to. This includes you being sober. I don't want you to have to lie about things to always get your way. I want our relationship to be about you and I. Desirful actions to my dad's side of the family want benefit anyone involved but cause more damage to everyone.

All my life I didn't have healthy boundaries. Whenever I was being told thing about my dad I never realized the emotional damage it had caused me. I've realized that I was in a dark place and you did support me just not in the healthiest way. Thank you for being there though. It means alot. I want us to have healthy communication without having to bring others down, leading myself into self pity and victim role thinking. I strongly believe the best way for us to do so

is if we leave out mine and my father's relationship in our conversations, court and any other destructive topics. Setting healthy boundaries isn't easy with those we love. But whenever relationships aren't the healthiest it's important to do so. I need this for our relationship.

Like I said I believe we need healthy boundaries. This is what I need to make everything work in conclusion:

I need to improve who you are mentally and physically.

I need you to your differences beside you and my father.

I need you to improve your communication skills.

I need our relationship strictly about you and I.

Not bashing any of my family online.

Not treating yourself or I as a victim.

Some smaller things: I currently have barely any clothing so if you could please send me my clothes and any other left behind things I'd appreciate it. ~~please~~ Think about me not having clothes not making my dad spend more money. My birthday is coming up and I would appreciate something small like a vic hoc. I'm doing online school so I won't be behind. I miss you, Kyle, Bruce, Amber, Charlotte and ofcourse my dog! I'm sorry if I've hurt your feelings, I'm just trying to better all of my relationships.

I Love YOU

Love,

Dalilah