

To My Sweet Momma & All Mom Warriors,

I See You

Momma, I see you in your pain when you have worn yourself down and feel broken inside. I notice when your eyes tear up, and you think I haven't noticed.

I Know You Doubt Yourself

Momma, I know you wonder if you parented me right, whether you did enough, and should you be doing more right now. You have beaten yourself up at times over not noticing the changes in me early on.

I Appreciate You

Momma, thank you for being brave and fighting for me. I am grateful for the many hours you have spent praying, educating yourself, learning new skills, and doing all you can to understand my pain. I appreciate your willingness to work on yourself and take good care of yourself. Thank you for not giving up on me or our relationship.

Take a Breath Sweet Momma

I love and appreciate you.

I would not be where I am today without you.

I know I was never alone in the struggle.

Love,

Your Daughter—Marie.