

hello,
do you, be yourself, and make sure that you love being yourself

everybody hates themselves too deeply, too roughly and too intimately when in truth, it should be replaced with utter self love. i am not trying to force you or to convince you to love yourself, because that is a choice that only you can make. you are not selfish if you think that you are unable to love yourself, do not blame yourself for not having the ability to see the beauty that is you.

but do not say that there is nothing to love about you, you are human and you are real, that alone is a million reasons in itself to love yourself. humans are not perfect, and that's exactly what makes them perfect. ask yourself, what is "perfectness" to you? is it to accomplish everything? to do something so well and so good that your name is so known? the thing is, you do not owe anyone that. look around you. remembering the people around you and *their* names will make you more remembered. you do not have to prove yourself to be loved, you do not have to make yourself be so centered towards what other people think because at the end of the day, who is truly there for yourself? not your friends, not your family, only you. you are the only constant in your very own life.

it is okay to hate yourself, it is okay to dislike your image, your personality, your hobbies, the way you talk, the way you act, it's okay to hate your identity. what is not okay is convincing others that this twisted image that you see of yourself is the true you, it's not. the true you, one way or another, is beautiful. the reality of your identity, it's so deep and precious, the depth of it cannot be replicated by some front you put on to make others love you. learn to hone your beauty, your own beauty and love yourself. again, i'm not forcing you to as it is in your hands to. it's okay to take things slow, nothing is rushing you. the world has always spun, and it will forever spin. i hope on this tiny rock, we all learn to love each other and ourselves.

i want you to know that i see you, i see your hardships, i'm not saying this to offer some fake half-assed concern. i am saying this in a raw and unfiltered way, that i see your troubles. even if we're strangers, friends or acquaintances. i hope my words are not just texts on a google document but something warm that can help you get through problems you don't talk about.

you're real, you're imperfectly perfect and you are enough
be kind. i love you and i see you.

you've done enough, go easy on yourself <3