

LETTERS FROM AN ABUSED DAUGHTER

BECAUSE OF YOU, DAD . . .

Because of you . . . I am in therapy.
Because of you . . . I struggle with self-worth.
Because of you . . . I am performance-based; I have no sense of grace.
Because of you . . . I can't easily admit when I am wrong.
Because of you . . . I have a deep sense of shame.
Because of you . . . I fear being abandoned.
Because of you . . . I don't know how to handle anger.
Because of you . . . I am hypersensitive.
Because of you . . . I am hyper-vigilant and have to feel in control.
Because of you . . . I lost my childhood. I felt responsible for you.
Because of you . . . I deal with constant anxiety.
Because of you . . . I don't trust anyone.
Because of you . . . I feel defective.
Because of you . . . I constantly worry about the opinion of others.
Because of you . . . I can't identify my feelings.
Because of you . . . I am afraid of conflict.
Because of you . . . I have a broken view of God.

YET, BECAUSE OF YOU, FATHER GOD . . .

I know something of unconditional love.
I have a safe place to go.
I have a reason to pursue healing.
I have learned something of how to love.
I am open to the possibility that I have value.
I have seen a glimmer of hope.

Because of you, I am beginning to love myself.