

00:00:01

Hey, I'm.

00:00:05

Here.

00:00:06

OK, you know what?

00:00:15

Let's just we can stop right here for a bit.

00:00:31

There we go.

00:00:32

Hey, come here.

00:00:58

I'm so sorry.

00:01:11

It's OK.

00:01:16

It's OK.

00:01:25

Just breathe with me for a bit.

00:01:27

It's OK.

00:01:48

You're OK.

00:01:51

You're OK.

00:02:44

You didn't deserve anything that happened in there.

00:02:50

I want you to know that ..was.

00:02:59

Cruel....I

00:03:06

Don't think there's another word for it.

00:03:14

I know.

00:03:18

And you're so brave for that.

00:03:21

You are so brave for opening up, for being honest with them.

00:03:28

And they took your words and they twisted it instead of listening, instead of trying to have some form of compassion.

00:03:51

They essentially turn your pain into a weapon.

00:03:53

What? the fuck?

00:04:01

Calling you unstable and over dramatic, yeah it's just disgusting.

00:04:41

You were brave.

00:04:42

Maybe it was to say what you said that took an enormous amount of courage opening up like that.

00:04:56

Try and be honest with someone who's made you feel unsafe for so long and the way that they just threw your past in your face.

00:05:09

There was no concern... just cruelty masked as caring.

00:05:24

I hate that they do that to you.

00:05:25

That you're not allowed to hurt without being too emotional.

00:05:38

That you're not allowed a break without being called lazy.

00:05:44

That you're not allowed to feel anxious without being dramatic.

00:05:56

I know how hard you fight, you work so.

00:06:03

Hard you.

00:06:07

Fought for everything that you

00:06:09

have

00:06:12

you're not broken, you're not unstable, you're not dramatic, You're none of those things, you

00:06:41

Feel deeply.

00:06:42

You have an enormous amount of compassion in you.

00:06:52

You've been through the dark and still you choose to keep going.

00:07:04

You know... it's the kind of silent strength that people like them are never going to understand.

00:07:15

They will never understand what it's like to be in your shoes because they won't even try.

00:07:23

Don't blame yourself for that.

00:07:34

No, honestly.

00:07:35

No, no, no.

00:07:36

Please don't.

00:07:40

It's not your fault.

00:07:43

Listen, you chose to give them another chance.

00:07:47

You choose to trust them.

00:07:53

You'd think you'd be able to trust your parents, right?

00:08:05

They are the people who are supposed to love you through thick and thin.

00:08:20

You're not.

00:08:25

This isn't overreacting.

00:08:26

It is

00:08:31

Honestly, exactly how I think most people would react to a situation like this.

00:08:51

You know what I think it is?

00:08:52

They just want to dismiss the truth because it makes them uncomfortable.

00:09:08

People are afraid of what they don't know.

00:09:11

They're.

00:09:17

Afraid to acknowledge your

00:09:18

Pain maybe?

00:09:25

Because they're a part of causing it.

00:09:27

I wish you would have grown up with support, with love.

00:09:41

Had someone who told you

00:09:43

That struggling.

00:09:49

is a human thing, and there's wonderful help out there and that you deserve to get that. That you would have been told that you are brave.

00:10:20

Instead of being weak, that you're recovering from moments of pain instead of being called.

00:10:36

Lazy I.

00:10:44

Wish they would have hugged you instead of calling you too sensitive and reassured you when you were anxious.

00:11:00

That's the kind of love that you deserve.

00:11:05

Not this.

00:11:10

This is the furthest thing from love .. opening up like this, telling them that you've been suffering for so long and that you decided to get help for it.

00:11:34

And this is how they react.

00:11:40

Says everything about them and nothing, nothing about you.

00:12:01

I wish that too.

00:12:19

It's OK to be upset right now.

00:12:23

To be angry.

00:12:26

I'm angry on your behalf.

00:12:35

I know, I know you are tired.

00:12:45

Tired of pretending to be OK when you're not?

00:12:53

Tired of making up stories for them not to worry.

00:13:03

Tired of wearing that

00:13:04

Mask well.

00:13:17

I don't know.

00:13:18

Sweetie I.

00:13:24

believe that people can change and people can grow, if there only is a willingness to do that.

00:13:42

It's up to them to prove that to you.

00:13:51

You don't have to prove yourself to them.

00:13:52

It is the other way around.

00:13:53

And unless they reach out with an apology.

00:14:20

I think you deserve a hell of a lot better.

00:14:35

You know you can't choose who you are related to.

00:14:42

But.

00:14:50

Eventually in life you do get a chance to choose who you spend time with, who are the people that get your time and get your love.

00:15:19

Reserve that for people who deserve it, who deserve you.

00:15:35

You know, not just anyone that deserves this amazing person.

00:15:54

You deserve.

00:15:54
Love, OK?

00:16:20
Yeah, we.

00:16:24
Can stay.

00:16:24
Like this

00:16:30
As long as you need.

00:16:30
OK, as long as you need.

00:17:04
I love you more though.

00:17:10
Impossible impossible.

00:17:24
I love you, much more.

00:17:24
I'm not.

00:17:33
Going anywhere I'm right here.

00:17:44
Right where you are

00:17:48
Where I want to be.