

00:00:02

Hey, I got your text.

00:00:10

You need some hugs, huh?

00:00:16

Come here.

00:00:17

Come, come, come.

00:00:19

Big squeeze.

00:00:31

That's all right.

00:00:43

Poor baby.

00:00:54

You okay?

00:00:59

Did you just need to restore the Huggie store?

00:01:06

I mean, did you just need to restore the Huggie supply or something?

00:01:16

Really?

00:01:23

Hey, no, no, no.

00:01:24

Don't.

00:01:25

Don't say sorry.

00:01:29

You don't need a reason to ask for a hug.

00:01:33

I'm just asking because I want to know what you need right now and if there was something on your mind that you wanted to talk about.

00:01:53

No, See, this is what I didn't want.

00:02:02

For you to feel silly.

00:02:06

Honey.

00:02:10

Listen, you were having a hard time and you texted me that you needed me, and that's exactly what I want you to do, okay?

00:02:25

Yeah.

00:02:25

It's the right thing.

00:02:31

Don't apologize for that.

00:02:35

You haven't done anything that needs correcting.

00:02:40

Nothing at all.

00:02:52

You know, speaking of this, I've.

00:02:59

I've noticed something, and.

00:03:05

I really mean this with a lot of love, so please hear it like that, okay?

00:03:13

Sometimes you apologize before you ask for things.

00:03:19

You say; "sorry, can I just".

00:03:24

And before you even finish a sentence, like, you apologize after you get what you needed.

00:03:31

Like you received something and then afterwards you almost feel guilty for receiving it.

00:03:40

You apologize for taking up time.

00:03:42

You apologize for texting too many times or like now, for texting at all, or for calling when you're not sure if I'm busy or wanting to be held or for just needing to be held a little bit longer.

00:04:12

It's a bit of a pattern.

00:04:15

And I'm not saying this to make you feel self conscious or to make you feel bad about it.

00:04:23

Just.

00:04:29

I don't want you to have to feel like that.

00:04:35

And.

00:04:44

It comes from somewhere.

00:04:45

Right?

00:04:50

Like somebody at some point made you feel like you had to say sorry for all of those things.

00:04:59

That your needs were too much or that they were inconvenient.

00:05:07

Having them was a burden on people.

00:05:11

And maybe it wasn't even that somebody said it out loud.

00:05:14

Maybe.

00:05:16

Maybe it was just that when you needed something, people were busy or distracted or they sighed or gave you a look, or they just gave you just a little bit less than what you actually needed.

00:05:36

And you learned to call that enough.

00:05:46

And the safest thing, the thing that kept people close, the thing that kept the peace or that.

00:06:00

Made you feel like you were easier to love.

00:06:04

It was not to ask for things, to manage it yourself.

00:06:13

And above all, to always make sure that everyone else was okay before and to the expense of your own needs.

00:06:29

And at some point, it became so automatic that you.

00:06:37

You don't even realize it.

00:06:48

Yeah, I thought so.

00:06:57

You know, I think.

00:07:01

I mean, you're so not alone in that.

00:07:03

I think we've all been there, done that, right?

00:07:10

Because we want to be easy to be around.

00:07:15

It sounds like that is just the way to be.

00:07:19

Until you realize that that only needs to giving so much of yourself, that eventually there isn't anything more to give.

00:07:33

It's like.

00:07:34

I don't know why it makes me think of that, but, you know, the Sims games, they have these bars that if they're green, it means that your needs are fulfilled.

00:07:47

And then they go yellow and eventually red and all of that.

00:07:51

And there's one for food, for hygiene, for social, for fun.

00:07:56

You know, all of these things.

00:07:59

And if you never fill them, they go down and they go down and they go down until eventually your character becomes miserable.

00:08:10

And soon the game is over.

00:08:17

And it's.

00:08:20

You know, honestly, it's not that different from.

00:08:24

From how we as humans are in real life.

00:08:30

We just have a few more subcategories to all of those bars.

00:08:40

Well, like the color one, dog one, I think a validation one, A chocolate one.

00:08:55

That's just me?

00:08:58

I don't know if that's true.

00:09:02

I know you steal from my chocolate stash.

00:09:04

Don't even.

00:09:12

But you know what I mean by all this little speech is that your needs are valid.

00:09:26

They deserve to be met.

00:09:30

I never want you to apologize for them.

00:09:37

And I don't want this perfectly managed version of you, okay?

00:09:43

I want the real one.

00:09:47

The one that doesn't have it all figured out.

00:09:49

The one that texts me in all caps "I need a hug".

00:09:58

I want the one that's just the cuddliest, the sweetest, like, just the best person I've ever met.

00:10:07

That's you.

00:10:10

That's who I want.

00:10:13

I want every little part of you.

00:10:22

Yes.

00:10:22

Even the messy bits.

00:10:24

Especially.

00:10:26

Especially those.

00:10:40

Perfection is boring.

00:10:41

Maybe.

00:10:45

That's truth.

00:10:51

I want real as someone who's real.

00:11:00

Someone who can match my weirdness sometimes.

00:11:05

Yeah, that's what I want.

00:11:14

And look, I. I know that action means more than words.

00:11:28

I know that you worry just based on you telling me.

00:11:32

I know that you worry about being too much.

00:11:39

Like there is actually a limit to what I'm gonna handle or quote, unquote, put up with.

00:11:49

I can make that fear go away.

00:11:51

But what I can do and what I will do, what I promise you that I will do, is that I'm gonna keep showing up and keep not leaving when you need things.

00:12:12

Keep being here, being that rock when you need it.

00:12:21

I'm gonna do that over and over and over again until.

00:12:26

Until the evidence starts to stack up.

00:12:33

Until needing someone stops feeling like a countdown to being abandoned and it starts to feel like just something that people who love each other do.

00:12:50

And that's the plan.

00:12:58

So you're allowed to ask me for things, to need things from me and to come to me when things are difficult, when things are easy, then with whatever feeling you have in your heart.

00:13:19

Okay, You know something?

00:13:26

That permission, no expiration date.

00:13:32

No.

00:13:37

You're always allowed.

00:13:42

You know why?

00:13:47

Because I love you.

00:13:56

And they want to be there for you.

00:14:00

They really do.

00:14:13

So no more saying sorry, okay?

00:14:21

Is that a deal?

00:14:31

Every time you say sorry, I'm just gonna kiss that away.