

6/20/94

Dennis,

Don't expect others to take responsibility for your happiness. Don't expect it. Just cherish the moments people do make you feel good. That's all anyone can do. No one else can take responsibility for how you feel. It's up to each person to do that for themselves. You have to decide if you want to be pitied at the world and pity yourself or say no!! Don't let anyone control you by making you feel bad. Take all the good out of life.

Nobody feels happy 100% of the time. No one is perfect. All anyone can do is relish in the happy things and learn from the bad.

I want to help you. I want you to feel good. But I can't take responsibility for all that you feel. I can only look after myself. One line keeps running through my head... "if you don't expect too much from me you might not be let down..."

When I start to feel trapped in your rage and anger I want to runaway. I'm not going to do that. I don't want to feel anger.

Remember when I said I could feel no more compassion? Well, I do now.

Only I feel it so well that I feel trapped. I started to feel that way last year.

That's why I ran away from everything. But I'm so much stronger now.

And I'm not going to runaway. I'm not going anywhere. I'm going to stay and fight. " I'm ~~going~~ !
But I'm going to feel better. You mean too much to me to let go. Please don't push me. I'm not sure how this letter makes you feel. But I needed to say all of these things to you.
I have to go with my Mom now.
And I WILL SEE YOU ON WEDNESDAY!!

Please don't be angry with me. I do care, Dennis.

Love,
Becky