

Dear Dad & Tracey.

April 2017
age 29

I am sorry for the way that I have behaved over the years. I was a difficult, moody & argumentative teenager & sometimes, I am not much better even now.

I am sorry for the pain, upset & confusion I have caused the family. I still feel hurt sometimes over the past, but that is no excuse for taking it out on everyone else. I don't feel proud of my behaviour & I don't wish to continue in such a manner.

I find it difficult to process the way I feel & it comes out in a very ugly manner sometimes. I am sorry for this. I will try to think about my issues without causing problems.

I am sorry for shouting & screaming & carrying on.

I am sorry for drawing a black cloud over holidays. I am sorry for not being more grateful for your support.

Love

Rebecca X