

Dear G,

Yesterday, I spent my day—well, I should rather say night—doing whatever I felt like. It was after a long, long time that I didn't think about things I had to do. I just did whatever I wanted. It was just one night, but it feels as if it was a long break.

I didn't do much yesterday. I binge-watched TV, cooked, ate, washed, and cleaned. It's 12:30 PM now, and I've had breakfast and finished everything I needed to do on a day off.

I have worked hard in the last two months—well, that's compared to the last one and a half years prior to that. Not only have I been regular at work, given my previous health condition, but I've also worked overtime. I am proud of myself. This was a well-deserved break.

I couldn't have had the thoughts I did yesterday if it weren't for your letter. It gave my mind a break from the thoughts about my past—without negativity, anxiety, sadness, anger, or my usual emotional dependence on past memories to feel happy.

Please take it in a positive way. I love my past. The flip side of my past, which wasn't good for me, has completely gone. I thought about the things that have hurt me, and I sat there on the bench outside my house, waiting for nothing in particular.

@explorativeletters

I was so involved in the moment that I didn't even bother to check where my phone was. I had the TV on at "above my normal" volume (which I usually keep low so as not to disturb others and to be able to hear my phone).

I realized that it's not a big deal to miss texts or phone calls. My priorities, time, convenience, and choices should be most important to me, and the rest can just fit in accordingly.

I have been trying to reach this level of pure love, without suffering, for some time now. And I am happy that I made it here. I thank you for your letters. I have learned a lot from them. If not directly from them, I have learned a lot because of you. Most importantly, I've learned to love myself first.

It's not what I did on my week off that has made me happy. It's that I didn't feel anxious or lonely. I wasn't worried about anything. I am happy.

I am going to sleep now. You have a good day.

Take care of yourself.

N

