

A Letter to Caitlin: From a Mother to a Daughter

I have written this book for you to help you learn about relationships. It contains in its pages those things that it's important to know regarding the ways in which people communicate with each other and those things that I wish someone had told me on my journey through life to adulthood. I have written this book for you so that you can learn from my experiences whilst you reflect on the meaning of your own. I have written this book to ask you to remember to always look at things from another perspective and to remind you that everyone has a voice, even though what they say may be different from what you currently believe to be true.

I want this book to teach you that the dynamics of a relationship will change depending on the people within that relationship and that, just because you can't make a relationship work with one particular person, it doesn't mean that every relationship will be like that. I also want to remind you that people change. The person you are today is not the same person you were last year and is not the same person you will become. Who you will be, how you will behave and the way you will think about the world are all flexible depending on things like experience, motivation, beliefs, who you spend time with and the ways in which you are valued and supported by your friends.

Recognise that there isn't just one person out there for you who will love you for who you truly are. There are many of them. And all you have to do is to find just one.

So I give you this book with a wish on the wind and a prayer for your happiness. If you find yourself in a relationship that doesn't work for you, end it. Be brave. Have courage. Move on. Take the learning and let the rest go. Guilt, regret and fear don't help us. They make us frightened to try again in case we fall, hurting ourselves and others in the process.

I was afraid of motherhood. Afraid that I wouldn't be up to the task. Afraid of the responsibility. And afraid that you would need more from me and of me than I would be able to give. You taught me not to be afraid. And more than that. You taught me that if I got it wrong, as I often did, and still do at times, that in the kindness and generosity of your spirit, and because you love me as I love you, that you would forgive me so that I needn't be afraid.

So learn from me as I learned from you and face your fears, my love. Let them give you courage. I asked the Universe for a daughter and it gave me so much more.