[Ambient synth plays as multiple sounds are overlayed; scratching, tapping and scrunching of paper]

[Different voices speak each statement]

“The belief that I am strong and loved will help me in the future, I am strong and I am loved. I believe in my judgement and my emotions. my beliefs are true and real.”

“I think you sometimes forget that it’s going to be okay. You’ve gotten this far, you are so much wiser than me are now.”

“But I hope they will be kind to me, memory of me, we come from me, same mould. I hope that in the future I will be closer to my past, that I will honour my childhood self.”

”By using her as my motivation, we have a contract to each other, and I want to acknowledge that more. Putting myself first, self-care through alone time, relaxation, not being hard on myself.”

“To establish a connection with myself, I can write letters and journals, and keep asking what the older version of myself would do. In the future I can look back at these.”

“All actions result from external causes, but that loss of freedom will give you some perspective to look out from the top if your head.”

“We can get through this together, we can always reimagine and rebuild.”

“To accept myself, to believe in myself, to take time to breathe. To be in the moment, to make the world a better place for me, for others, for us. To be together”

“Love is not possession, you have a duty to protect those around you, observe before making judgements”

[Ambient synth and noises fade out]