

E016 When You Stop Pretending You're Fine — Letter Before You Leave

Letter Before You Leave

Episode: E016 — When You Stop Pretending You're Fine (Season One Finale)

Dear Friend,

Before you leave today, I want to give you something I couldn't give myself for three years: permission.

Permission to not be fine.

Permission to cry, scream, throw a pillow across the room.

Permission to admit your family is struggling without calling it failure.

I spent three years in Doomville because I believed strong people carry hard things alone. I was wrong. Strong people eventually put the weight down. Strong people let someone in. Strong people say "I'm not okay" and then take one small step toward finding their way back.

If we recover loudly, we keep other people from dying quietly.

So here I am. Recovering loudly. With matching T-shirts and a redneck drawl and a pot of tea that's always warm.

If you're in your own Doomville right now, I'm not going to tell you everything will be okay. I'm simply going to remind you I'm not going anywhere.

Keep brewing.

— The Brewmaster

Welcome Home. 🌿

Airtable Table: Assets

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