Dear Father/Mother,

The first thing that you should know is that I love you. I appreciate the love that you have given me and the sacrifices that you have made for me.

Please try to understand that I am experiencing some changes and feelings that I don’t even understand, and I know that it seems like I am angry at you most of the time. I am sorry if I hurt you with some of the things that I have said but I am frustrated with my feelings, and I often take those frustrating feelings out on you.

I am going through the process of learning who I am and how I fit in this world. There are a lot of people that make fun of me and don’t like me just because I am different. What I need from you is love, compassion, and patience as I navigate this journey for the rest of my life. Sometimes I need someone to just listen to what I am saying and not judge me.

I acknowledge that you are also on a journey as you deal with the emotions and unfair social stigma’s of having an LGBTQIS+ loved one. I will be patient as you navigate your journey through life. Please take the time to learn more about what I am going through so that you be there by my side. I will respect the fact that the journey that you are on is different from many of my friend's parents and that you will face some uniqu challenges.

I believe the first step is getting a better understanding about who I am and why I am facing difficulties in this world. Please take the first step by going to [www.YellowBrickRoads.Info](http://www.YellowBrickRoads.Info)

I love you.

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