

Dearest Myra,

I have to say yes I am jealous of your good fortune. It has brought my own circumstances into a clear harsh light, I had such mixed emotions on reading your letter. On the one hand thrilled for you and the possibility of romance for us all and on the other hand a feeling that I had been cast aside and you could not wait to unburden yourself of our friendship.

I know this is not true but I still have many dark days where I simply cannot see out of the abyss. This is something I work on everyday, Everyday I tell myself you are lucky to be alive Meredith but still these dark feelings can overwhelm me. That's all I can say. I apologise for hurting you but I cannot hold onto my feelings. I think you have to express them and love with the consequences. Its something I realised after all my troubles – it's worse to bottle up these dark thoughts or they tend to fester like poor puss's head wound. So forgive me. I am thrilled for you. I do feel too embarrassed at this point in time to meet your beau. I'm sure he is wonderful and I do hope at some stage after all this dies down I may be able to face him. I still carry a great shame about those times. And I do remember how selflessly you listened and the nursed me.

I would be heartbroken to lose our friendship. You really are the closest person in the whole world to me. And the world is a very big place Myra dear.

With love and regret,

Your old Pal,

Meredith xxx