

Dear Reader

A letter about what you may be witnessing right now

What you are witnessing right now is not a personality change, a mood, or something you caused.

It is a medical condition.

I live with **Complex Post-Traumatic Stress Disorder (C-PTSD)** — a neurological and emotional injury that affects my ability to communicate, regulate emotions, and function at my usual capacity during periods of activation. Right now, I am in one of those periods. OR _____

What This Means Practically

I may go quiet. I may not respond to the conversation the way I normally would. My ability to articulate thoughts, hold a discussion, or even make eye contact may be temporarily suspended.

This is not a withdrawal from you. It is my nervous system doing what it was trained to do under extreme duress — protect me.

If You Witness an Emotional Outburst

Tears, distress, or an intense emotional response to something that may seem small — please know this is not a breakdown.

It is a breakthrough in progress. Emotional release is the body's natural and necessary response to unprocessed trauma rising to the surface. You are witnessing recovery, not collapse.

Here Is What I Need You to Know Most

I will be okay.

It may take time > possibly longer than feels comfortable to watch. But I will be okay. I know this because I have been here before, and I have always found my way through. That is not optimism. That is evidence.

You do not need to fix this. You do not need to have the right words. The most powerful thing you can offer me right now is simply this —

Say it verbally or in a text, whenever you feel moved to:

1. *"I know you'll be okay. I understand this is part of your healing journey.*
2. *I'll be here if that ever changes."*

That is enough. That is everything.

How to Check In — The Lighthouse System

Rather than asking “Do you have a minute to talk?” — which can feel like pressure when communication is the very thing that’s offline — we have a signal word.

If you want to check in, simply say or text:

🚢 **“Anchor of Hope checking in.”**

That tells me: I see you. I’m not alarmed. I’m here.

If I’m ready to talk, I’ll answer:

🔦 **“The light’s still on.”**

If I need more time, I’ll answer:

🚢 **“Still sailing.”**

If I’m starting to feel better and working on solutions:

🌊 **“Shoreline.”**

If I need you to come over right away — I don’t want to be alone:

👟 **“Shoestring.”**

No explanation needed on either side. That’s the whole point.

Thank you for reading this.

Thank you for being someone I trusted enough to share it with.

Sincerely,



More information on the Lighthouse Language