FOR THE DAY YOU FOUND OUT

A free letter for the day
someone lied about you.

— **from He Called It Love**

I know what today feels like.

You found out. Maybe someone told you. Maybe you saw it yourself. Maybe you just felt it — that shift in the room when you walked in.

And it's not a stranger doing this. It's someone who knows you. Maybe someone you thought would always be in your corner.

They didn't start lying about you because of something you did. They started lying about you because you stopped being easy to control.

You don't have to defend yourself. Not today. Not to people who chose a side before they heard yours — even people who were supposed to choose you, period.

The people who matter will notice the story doesn't add up.

You are not what they're saying. You are what you survived.

Rest today. Let them talk.

Your silence isn't weakness. It's dignity.

I see you. — He Called It Love