

by Charlotte Freeman

Sometimes all you really need is your person.

One person who understands you entirely, one person who your can share your thoughts with safely, with trust and no judgement.

One person who won't give up on you, nor you on them - no matter how tough things can get.

Sometimes all you really need is someone to just be there, not necessarily doing or saying anything, but to just be there when you need them.

Sometimes the words "I've got you" are all you need to here.

As you grow you really do realise that quality over quantity is something that must be treasured.

So hold on to them with everything you've got and make sure they always know that you've got them too.



