

Unconditional love (n). Affection with no limits or conditions; complete love. by Allison Herman

My first experience with “complete” love was with my incredible father. Growing up, he showed me how to love and be loved fully. He made it a point to tell me how loved I was daily and there was nothing I could do to change this. My father is the person that kept me going all through my childhood into my teens. Knowing I had his support meant everything to me. Sadly, my hero passed away after an awful battle with Cancer when I was only 15. Broken-hearted and devastated, I didn’t think I’d ever find unconditional love again.

I searched and searched and searched for the next 15 years to find a love like that one. Just one person who could love me, flaws and all.

When I was 20, I was diagnosed with Bipolar Disorder. I was told I was “crazy” by those around me and made to feel that something was wrong with me. After my diagnosis, I gave up on finding unconditional love. Who would love a flawed girl like me?

Then you came along.

You are my ray of sunshine on a cloudy day.

You are my feet when I can’t stand.

You are my laughter during dark times.

You are my smile when I have a bad day.

Every time I don’t think you I can love you more, you prove me wrong.

You showed me that being myself is good enough. That it’s okay to be flawed and mistakes aren’t the end of the world. You showed me that I’m not the “crazy” girl everyone thought I was. That I am me and I am not my illness.

No matter what “conditions” life throws our way, I know we will overcome them, together.

You saved my life. And for that, I love you unconditionally now and forever.