

Dear [Name] and [Name]

I love you both, but I can't live with the pains and the guilt and the loss of everything. I wanted to be with you both as a whole person, not a 100th.

I love you. Remember me with love in your hearts. You both deserve a better life than this. Take care and look after Luke for me.

I love you.

X

[Name]

I wish I was healthy + fit and then I could make it up to you both. I love you both and life with you both would have been wonderful if I had not messed it up and myself.