

[Anon voices] Empathy Museum presents A Mile in My Shoes.

[Three voices, speaking different parts of the sentence in turn] From Boldface and Women in Prison – this is Down the Rabbit Hole, a series of letters and personal stories from three women who access The Beth Centre in London. That's Rita and Elizabeth, and I'm Angel.

[Rita]

I just turned 56 years old. When I was a child, I thought that at 50, I would be old and finished, but the way I'm going, it doesn't seem to be broken. A little bit, I confess.

In recent days, a lot has been clarified in my life. I have discovered a Rita that I didn't know. It's not easy when you find and discover your own shadows. The most important thing is to be generous with ourself. With each circumstance that life presents us, we are learning more about ourself. I grew up in a loving family that to this day, I wonder where I failed that I couldn't transfer this love to my children. At every moment of life, a new situation appears – we need to be aware that everything changes and nothing remains the same.

When you come to my belly, I was scared, unhappy at the same time. It wasn't long before I had an abortion due to insecurity. But really wanted to get pregnant again. All the love that my mother gave me as a daughter, I transferred to that pregnancy, because I was sure it would be a girl. My princess, my friend and companion.

Your first step in the world had a great impact. Everything about you was precious. Smart. And talkative. You were a different baby. Your sympathy was noticed by everyone who live with you.

It is translated well, your name, eternal joy of the spirit. Little by little, the girl's mother grew, and the falling off of observation and listening took over me.

I always thought of not committing my mother's mistake with you. Over-protection... But not everything in our life goes the way we plan. I made plans with you for a lifetime, but I don't know if we'll make it. Right now I just hope you are happy. Love you.

[Anon voice]

This episode was produced by Jesse Lawson and Nada Smiljanic. Down the Rabbit Hole is a 10-week workshop series and podcast produced by Boldface, in collaboration with Women in Prison.