

Down the Rabbit Hole – episode #5 – Angel's letter

[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.

[Angel]

Dear so-and-so,

Why do you hate me? In fact, had I decided to write this letter to you a few years ago, trust me it would've been with tears in my eyes.

But here's the thing: today, I stand tall. No, wait, LOL, laugh out loud. Today, I sit upright as I pen these few words to you straight from the depth of my heart.

Do you hate me just because your friend (also called so-and-so) hates me? If I were to ask so-and-so why they hate me, the most they could ever say would be: 'I just can't stand her'. But the reality of the matter is that so-and-so's inner demons actually can't stand my inner spirits.

Now, if I were to ask *you* why you hate me, what would your response be?

Just as I thought: silence.

Just because so-and-so hates me, and she's your friend. Wow. You really don't have a tangible reason, do you? But here's the thing once again. Today I stand tall, LOL. Laugh. Out. Loud.

Today, I sit upright, and I want you to understand that as I sit here beside you, we are on common ground. But once I walk out of here, we cease to be within the same league as each other.

Yours truly,

Me

[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.