I do not think I have very far misunderstood your case.
What good would honest words do?
They would only increase my hindrance to spiritual growth. I mean the restless and strong emotions which trouble, distract and weaken one's intentions, one's thoughts.

Even in self-renewal there is danger of hindering a renewal, which requires a
one, and the pain at being left than they would be.

It is a part of humility to be in danger of strong self denial, and to
bear even our faults with patience and silence.

The two things we have most need to pray for are:
1. Humility.
2. The love of God.

These two contain every thing else.

I do not wish to comfort you in the lowlier parts, but to lead you to watch against...
emotion, excited feelings about
it against yourself, and all
things which squander the
strength or steadiness of one's
mind.

Resilience, devotion are
eaten, & all things, otherwise
a commonplace task about
them.

I wish try to draw out some
cure for you.
Grace, mercy & peace be with
you.
April 1, 1845.