

Please don't bury your head and withdraw. I know you feel singled out and devastated, but let me remind you that many of us have walked this painful road and survived- even reclaimed our lives. We'd like to help you walk to your place of healing now.... (www.road2healing.com)

You Won't Understand

Often people say to me "You just won't understand."
"You're way too old," or "Way too young," or "*you* are not a man."
I don't know why some people feel they suffer unique pain.
As if they are the only ones who've lost or ceased to gain.
I don't know why they hide their pain and clutch it ever tighter.
It seems to me that all should know - a burden shared gets lighter.
Why some folks even deign to think the pain that's in their heart,
Is all their own, to keep and hoard, they set themselves apart.
They keep their eyes from meeting mine, lest I should see their hurt.
And even if we stop and speak their words are often curt.
The Bible says: 'Two' can withstand what overcomes just 'one'.
And also that - a 'Cord of Three' can scarcely be undone.
Besides, I know the ways of hurt- My heart's been crushed before.
Friends have betrayed-I've lost at love, Despair's knocked at my door.

And I remember thoughts gone wild- and crying late at night.
Not having strength to care at all- much less the strength to fight.
But, someone special came to me- and when my trials were told.
I realized that with their tears- they'd eased my heavy load.
And so, I learned that pain- like love- is bearable if shared.
I don't know what I would have done without that friend who cared.
My trials did not vanish fast - In fact the time was long.
But sharing gave me breathing space until I could grow strong
Enough to laugh again and even start to smile -
And though it seemed it could not help, it eased my pain awhile.
So, if you think that you can't share cause I won't understand.
At least just give me half a chance to lend a helping hand.
For I know that you're hurting and I know a place to start.
Perhaps if you could realize - your pain burns in my heart.
I know I cannot make your trials and troubles go away.
But maybe I can help a bit to get you through today.
And maybe by tomorrow you wont need help anymore.
But if you should- don't be ashamed, for that's what friends are for.
And after all is said and done - The trials ceased - You're whole.
Perhaps you'll know just what to do to help another soul
Who's being crushed by hurt and pain, be it woman or a man.
And you won't have to hear them say "You just won't understand."

- Unknown Author