

Don't Tell Me that You Understand

Don't tell me that you understand
Don't tell me that you know,
Don't tell me that I will survive
Or how I will surely grow.

Don't tell me that this is just a test
That I am truly blessed
That I am chosen for this task
Apart from all the rest.

Don't come at me with answers
That can only come from me,
Don't tell me how my grief will pass,
That I will soon be free.

Don't stand in pious judgment
Of the bounds I must untie,
Don't tell me how to suffer
And don't tell me how to cry!

My life is filled with selfishness,
My pain is all I see,
But, I need you now,
I need your love, unconditionally.

Accept me in my ups and downs,
I need someone to share,
Just hold my hand and let me cry,
And say, "My friend, I care."

Source: Hendel, J. "Don't tell me you understand." Retrieved from <http://www.journey-through-grief.com/words-of-comfort-for-sympathy.html>