

# Never Be Afraid To Cry

*by R J Tomlin*

When I was a kid, honest to god, I didn't know adults could cry,  
And recalling that thought it made me wonder – what made me think that, and why?  
I thought crying was just for children, I thought crying was immature,  
I thought the moment you were an adult, you just didn't do it anymore,

I was told to treat everyone fairly, but that life just isn't fair,  
I was told I must always be careful, but I'm not always allowed to care,  
I was told not to ever tell lies... well, at least not to anyone else,  
Not to cheat or deceive any others, but that somehow I could do it to myself,

I was told that I had to pretend sometimes – pretend not to be upset,  
If I had a problem that wasn't quite worthy, that I should ignore and forget,  
That I had to bottle it in at times, that I had to 'man up',  
That if I wanted to act like an adult would act, then I had to stand brave and be tough,

I used to be embarrassed to cry at school – in class, at lunch, in the hall,  
And after I turned sixteen, I felt I wasn't allowed – not at home, not alone, not at all,  
Only if someone had died, or only when I was physically hurt,  
If my back wasn't broken, or an obituary spoken, then my tears were not worthy of work,

Emotions and feelings inside us, if trapped, on our conscience they feast,  
We can lock them within us as long as we want, but eventually they'll have to be released,  
If you deny how you feel about anything, you're lining yourself with a curse;  
Holding back tears, it won't make you feel better, in fact, it will make you feel worse,

When you stop your sadness from showing itself, it turns into anger and hate,  
Those tears that you trapped, they fester and whirl, and by then it's already too late,  
They amplify your anxieties, blow up your frustrations and fears,  
But sometimes all you need to do is wet your cheeks with tears,

I've learnt over time to see differently, about angst, sadness and dismay,  
These feelings we have, they're ok to have – it's ok not to be ok,  
Crying is good for the heart, mourning is good for the soul,  
But it's not just for the weak or the young – it's for the big, for the brave, for the old,

If there's one thing I want to leave you with, one thing for you to hold,  
It's that your feelings and thoughts and emotions, are not things you should ever withhold,  
I may not know what's upset you, I may not even know why,  
But whoever you are, and however you feel, you should never be afraid to cry.