

Hold On

Does having strength mean you're capable
Of locking your pain inside?
Does power mean you can bear it
And not let it show?
If you lean on a friend for support
Is that showing weakness?
Does being a man mean no matter the hurt
No one knows?
Is there a time to keep it inside?
Must you admit it to know it's set free?
Is protecting your friend from the force of your pain
The only way it can possibly be?
So much to shut in,
So many shut out
And where does it get you?
More anguish and doubt.
Hold on!
To your friends, not the pain –
Hold on.