

# Courage ...

It takes courage to heal, to put the past behind you  
To accept responsibility for your own wrongs  
To say it wasn't my fault when others were wrong

I was only a child – I had no choice  
Children respect their elders was what I was told  
But sometimes our elders don't deserve that respect

Why do they do it? Why do people hurt each other?  
Adults hurt children, adults hurt adults  
Children hurt adults, children hurt children  
Why is it so you may ask, I don't know is the answer

There are never excuses but sometimes there are reasons  
Reasons don't make it right, they merely explain why  
Reasons can never take the pain away  
But they can sometimes take the why away

It takes courage to heal, to forgive and move on  
Should you forgive? That's up to you  
If you need to forgive to move on then do so  
But if you don't want to that's also up to you

No one can take that choice from you  
It's yours and yours alone  
Whatever you decide is the right thing to do  
It's the right thing for you

Forgiving doesn't equal healing  
That's another part of your course  
Healing takes time  
It'll take as long as it takes

How do you heal? you may ask  
Again the choice is yours  
Different things work for different people  
You do what you need to do

Do whatever it takes in order to move on  
But do make the choice to heal, it will be worth it  
If you don't heal you will be the one it affects  
The person who hurt you won't care either way

It takes courage to heal  
and it may hurt like hell  
But if you survived  
what was done to you  
You can survive  
the healing and the hell

Just take care of yourself while you work it through  
Be gentle, kind and nice to yourself  
Keep remembering it was not your fault  
Keep believing you're a strong and worthy person

If you don't believe this yet  
Which I know is hard to do  
Then keep telling yourself every day  
That what I'm saying is true

You are courageous and strong to have survived this far  
You can keep on going even when it seems too hard  
During those times hold on - hold on tight with all you've got  
Even if it's just barely by a thread, that's better than nothing

You can get through and you are worth it  
What was done to you was wrong  
You can put it behind you and have a great life

Don't worry about taking revenge  
Those that hurt you will get what they deserve  
You may not see it happen but it most certainly will  
Take courage in this and use it to spur you on

Remember that not all are bad, just some  
Some people do terrible things  
but it's always their fault  
Being hurt does not give you the right to hurt others  
You are better than that, better than those who hurt you

You can rise above your past  
You can rise above your issues  
You can be strong and courageous  
You can be who you were meant to be

