

Holding space

Poems around listening, being there for someone, holding space for others

- [Will you hold my hand for a little while?](#)

Will you hold my hand for a little while?

Will you . . .

Hold my hand for a little while?

I don't need you to save me

No need for you to fix anything

No need for you to hold my pain

But will you simply hold my hand?

I do not need your words

Your thoughts

Nor your shoulders to carry me

But will you sit here for a while with me?

Whilst my tears they stream

Whilst my heart it shatters

Whilst my mind plays tricks on me

Will you with your presence let me know that I am not alone, whilst I wander into my inner unknown?

For my darkness is mine to face

My pain is mine to feel

And my wounds are mine to heal

But will you sit with me here, while I show up for it all ?

For I am bright because of my darkness

Beautiful because of my brokenness

And strong due to my tender heart

But will you take my hand lovingly, when I sometimes journey into the dark?

I don't ask for you to take my darkness away

I don't expect for you to brighten my day

And I don't believe that you can mend my pain

But I would surely love if you could sit for a while and hold my hand

So will you . . .

by Zoe Johansen

Zoe Johansen is a writer and Self-Love & Empowerment Coach. She guides women back to their power through her Self-Love practice and inner child transformation work. She believes that we transform our lives when we open and live from our heart, and we do this by remembering, reclaiming and embodying our power.