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.

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