

Before I...



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Before I became strong, I knew what it was like
To be weak,
How difficult it is to love yourself,
To find the wholeness that you seek.

Before I knew the light,
I have had my fair share of darkness, too,
Where my world fell into a hopelessness
And I didn't know how to get through.

For I have known the tears it takes,
The courage to stand up again,
When you are broken down and bruised
And you know nothing but the pain.

You forget to appreciate love,
If you haven't seen the hate,
Till you forget the meaning of smile and laughter,
And your heart is left abate.

I have known the strength and courage
It requires to get it right,
To face the things that hold you down
And hold your head up and fight.

Before I was who I am now,
I was someone I didn't want to be.
I was lost, battered, and defeated,
Before I knew how to be me!

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<https://www.familyfriendpoems.com/poem/before-i>