We Are Brave

November 28, 2017 By Nicole Lemelle

“Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine.” ~ Roy T. Bennett

Pain doesn’t hurt the same when you have support. Sometimes the love from others is the only thing that can keep you held together. So read this and know that I see you. I hear you. I’m here for you.

Read this when you’re alone. Sitting in your room. Thinking how hard the day is going to be. Those times when the pain is unbearable. When your mind wants to concentrate on the broken parts. When your foot is dragging and you can’t take another step.

Read this when you’re distressed. Read this when you’re lonely. Read this when you think no one cares.

Your whole life, you have been preparing to swim the rough waters. But now you just float on hope. Continually wishing on a star. Living with your head in the clouds. Bargaining with God to release you from the demons that control your existence. But even with all that faith, nothing happens. You are still sick. You are still frustrated. You are still sad.

If you find yourself in this situation, take comfort in knowing I understand. I know what you are going through. That’s because I am just like you.

We are warriors. We don’t stop fighting. And no matter what happens, we are brave.

When we have trouble walking.
We are brave.

When family says it can’t be that bad.
We are brave.

When people stare.
We are brave.

When loved ones leave because it’s too hard.
We are brave.

So read this when you’re caught in a moment. And you have lost your way. When the exacerbation has control. And you don’t know how to stop the negative thoughts from taking over your mind. When you are exhausted and have six hours left at work. When your senses are overloaded but your kids need your help. When you want to stay in bed and sleep all day.

Read this and know, I understand because I have been there. And remember, together we are brave.

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