

I Can Smile, Now

Upon my Arrival inside this Institution I'd
Felt like my life was crushed I had nothing and
No one, I was Stunned Beyond Belief and couldn't
Breathe and yes I spent a few Nights with tears
In my Eyes It took Practically years for
them to Dry. I'd thought my life was over and
all I could do is reach out to others I was
at a door knocking no one answering Sad and
Depressed Multiple issues Piled upon Each other But
forced to Face them having No Choice But to accept
the things I could not Change and recognizing the things
I could. we can't Change the way someone thinks of
us we can't make them Love us and accept us.
No matter how dear it is in your heart we can't
make them write us and tell us they Miss us
all I'd wanted was a presence in my life someone
I could share this Big Bundle of Love with
and Care for I was Stripped of most of my rights

Not wanting to smile and having no reason
I'd occupy my mind to the point where I would
not think of all these things where I'd forget
I didn't have anyone, Drink water when I was hungry
Read a book to Escape Reality. I'd Literally write
hundreds of letters reaching out, searching for friends,
Family and someone to talk to and I can't let
it go unknown that its through this site that I've
found a reason to smile for all of you who read
our Blogs can reach out to us you'd never know the
Impact you make on a persons life By Simply Being
there sending a note of Inspiration gives someone
a reason to keep striving. Its true a lot live in the
lowest points of their lives not having reasons to live
and many take the easy way out instead holding onto
hope and trying to find "there smile", accepting as
bad as you may love your family life moves
on and their lives do to (So what) your wife leaves
you. We can't change any of this, Life isn't over!

But what you can change is whether we just sit back and dwell on the past or find our reasons to smile. Cause it washes all of it

away
writing has been my most effective tool

and hearing from you gives me every reason to smile so I just want to thank you for

helping me find my smile. It's taken me a

long ways. 😊 I may not have everything but I

have a reason to smile.