

## **My Pain**

**M**y pain is real although  
You do not see it,  
if you saw me on crutches,  
in a wheelchair or limping along,  
you would see proof of the suffering  
then you would believe and have some compassion.

**I** still go on day by day,  
my pain and suffering  
getting more intense and constant  
made worse by your lack of support and understanding,  
the senseless remarks and useless advice  
seem to be never ending.  
Yet I am left to suffer on in silence.

**S**o you will believe me,  
that I am in pain,  
you do not see it,  
but it's real all the same.  
I don't expect you to understand,  
but it would help if you listen,  
it would lessen my emotional isolation and pain.  
It might make me less negative  
and I could smile once again  
my burden less hard to endure  
I could take one step forward once again.

**Breda Hyland**