

Soft Words for Hard Feelings

I'm Never Going to Be Okay

(a reply from the part of you that hasn't given up)

I know it feels like that.

Like “okay” is a country you don’t have the passport for.

Like you’ve been working your whole life to keep your raft afloat,
only to realize the ocean never ends.

Every step forward?

More weight.

More work.

No rest. No prize. No *relief*.

And you start to wonder:

Was the hope itself the problem?

Did I trick myself into thinking this life could ever feel light?

But listen.

You are not wrong for wanting more than survival.

You are not wrong for noticing that the world asks too much of the people who *feel it all* —
and gives too much ease to the ones who don’t.

You are not broken because peace doesn’t come easy.

You are *honest*.

You see the labor behind everyone’s facade.

You feel the ache that most people bury.

You carry your pain out in the open — not because you want to suffer, but because you
can’t lie to yourself anymore.

That doesn’t make you doomed.

It makes you *awake*.

But here’s the secret no one tells you:

Being okay isn’t a place you arrive.

It’s a flicker.

A moment.

A soft breath in the middle of the chaos.

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It might not look like joy.

It might not look like ease.

It might just be the way the light hits the corner in the morning.

The way your chest loosens for five seconds when no one needs anything.

The way someone says,

"I see you. You're allowed to rest."

No, the work doesn't end.

But sometimes, it shifts.

And in the cracks between all that effort — you might start to find something gentler. Not a reward. But a rhythm. A reason. A still point that says:

You are not a machine for pushing through.

You are a human being.

And the fact that you're still here, still asking, still *feeling* — means some ember in you is still glowing.

You don't have to believe it fully right now.

You just have to know this:

You were never meant to earn rest by proving you're okay.

You get to rest *because you're not*.

And that — right now — is enough.