

## Soft Words for Hard Feelings

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### **I Feel Empty — Just a Shell**

*(for the numb days, when everything inside feels gone)*

I don't feel sad.

I don't feel angry.

I don't feel much at all.

Just a blankness, like someone hollowed me out  
and left the shape of a person behind.

And still the world moves — fast, loud, demanding.

But I can't match its speed.

I can barely *feel* anything.

Just this echo. This sense that I should be something more,  
but I'm not.

If that's where you are —  
you are not broken.

You are *drained*.

And when your body and mind are starved of safety, rest, connection...  
sometimes they shut down, just to keep you here.

It's not the end of you.

It's your system going into self-preservation mode.

And even in the emptiness,  
you are still *worthy of care*.

Even if you don't know how to let it in right now.

This numbness isn't who you are.

It's just where you are.

And that means — eventually — there's somewhere else to go.

Until then, I'll sit with you in the quiet.

No pressure. No fixing.

Just presence.