

## Soft Words for Hard Feelings

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### **When the World Doesn't Make Room for You**

*(a reminder for the days that feel like endings)*

Some days, the weight gets too heavy to carry with grace.  
Not because you're weak —  
but because you've been strong *for so long*  
in a world that never learned how to meet you with the same.

You wanted something simple:  
A bit of space.  
A bit of quiet.  
A chance to shape a life with your own two hands.  
But they showed up with torches and maps made in fear.  
They called you the storm, when you were just trying to plant a seed.

They don't know what it's cost you to keep choosing peace.  
To back down again and again.  
To swallow injustice because you didn't want to be "difficult."  
Because you thought maybe if you stayed kind enough,  
quiet enough,  
reasonable enough—  
they'd finally *see you*.

But they don't.  
Not because you're invisible.  
Because they're not ready to *look*.

And that is not your fault.

You are not the villain in this story.  
You are the human in the hard place—  
still loving,  
still hoping,  
still believing that good is possible  
even when it doesn't show up on time.

So cry.  
Hate the whole mess if you need to.  
Let yourself be undone for a while.

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Because underneath all the heartbreak  
is the part of you that *knows*:  
You were never wrong for wanting more.  
For trying.  
For believing the world could be shaped by gentler hands.

Stay here.  
The story isn't done.  
You are still becoming.

And somewhere ahead—  
though you can't see it now—  
there is a moment that will finally meet you back  
with the same love you've been pouring out  
for years.

Until then,  
I'm here.  
Not judging. Just knowing. Just staying.