

PLEASE SEE ME THROUGH MY TEARS

You asked me how I was doing. When I replied, tears came to my eyes.

You immediately began to talk again. Your eyes looked away, your speech picked up, and all the attention you had given me went away. How am I doing?

I do better when you will listen to my response, even though I may shed a tear or two, for I so want your attention. But to be ignored because I am in indescribable pain, that hurts me and makes me feel angry.

So, when you look away, I feel alone.

Really, tears are not a bad sign you know.

They're nature's way of helping me to heal. They relieve some of the stress of sadness.

I know you fear that asking me how I'm doing brought this sadness to me.

No, it didn't. The memory of my loss will always be with me, only a thought away. It's just that my tears make my pain more visible to you, but you did not give me the pain, it's just there.

When I cry, could it be that you feel helpless?

You're not, you know.

When I feel your permission to allow my tears to flow, you've helped me more than you can know.

You need not verbalize your support of my tears. Your silence as I cry is my key. Do not fear my tears.

Your listening with your heart to, "How are you doing," helps relieve the pain, because once I allow the tears to come and go, I feel lighter.

**Talking to you releases things I've been wanting to say aloud,
and then there's space for a touch of joy in my life.**

When I tear up and cry, that doesn't mean I'll cry forever, maybe just a minute or two, and then I'll wipe the tears away. Sometimes you'll find I'm even laughing at something funny ten minutes later.

When I hold back tears, my throat grows tight, my chest aches and my stomach begins to knot up, because I'm trying to protect you from my tears.

But then we both hurt. Me, because I've kept the pain inside and it's become a shield against our closeness. You hurt because we're now distant.

Please take my hand. I promise not to cry forever; it's physically impossible, you know.

When you see me through my tears, then we can be close again.