

Don't Forget

To those who think they're perfect:

Don't forget about the ones who suffer in life. The ones who scream silently but strongly hold on for fear they might blow away.

Don't always think about the pretty ones. Instead think about the "ugly" ones who are truly beautiful on the inside because they believe in everything you don't believe in them.

Don't forget the ones whose parents, siblings, boyfriend, girlfriend, or stranger has scarred them and left marks no one else can see because they hide, lie, and pretend they ran into that door so they wouldn't be asked questions anymore.

Don't forget the troubled ones who look like you but act different because they like the bump bump and the unz unz on their ipod. Or they talk a little louder and a little stronger to let people know they are here and they do matter.

Don't forget the ones who are forced to stay quiet. Who are pushed in the corner and are not looked at. The ones who are told: "shhh this is our little secret" because no no longer means no it means yes.

Don't forget the pretenders who pretend everything's okay but are cracking at the surface. Who smile and laugh because they just might cry.

Don't forget about the confused ones who like what they see even if they share the same sex but are shunned because to you that's not normal and now they don't know what to do.

Don't forget the lonely ones whose floors are dirt and roofs are sky but are thankful they are alive. Who take care of brother and sister because daddy's gone and mamma has died.

So when you're thinking you're better than anyone else in this world, bow your head and lift your hands. Apologize right where you stand. Humble yourself and realize the truth: Nothing is all about you.

Sincerely,

The Hurt, The Unloved, and The Confused

--Marissa Heard
Journey to Dream Member, HHS