

Strong

What does it mean to be strong?

Lifting weights?

Or to live one's inner self on the outside as well?

To endure pain?

Or to ask for help again?

To ignore everything?

Or to feel the pain within?

To go on undeterred?

Or to pause, exhausted?

To look the other way?

Or to blindly trust?

To shout?

Or to remain silent?

Either?

Or?

No!

True strength is,
To remain true to oneself
to be faithful.

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