

please don't hurt me !



Hurt and pain.

There's much to gain.
Peace and love.

It's all the same
Confusion and doubt.

We're not without.
We weep, we cry.

We plead, we try.
We laugh, we smile.

Only to be hurt
by one last trial.

Life is a lesson,
so learn it well.

Maybe, one day,
you can tell it's tale.

Please Help Me I Hurt A Guide For Selftherapy

Lei Huang



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