

146-1000
Unrestrained grief

Grievings not my forte
This has me in a bind
Universal sadness
Leaves no one behind
For every human being
Their Grief is unique
Yet I run from it unconsciously
But i don't think i'm weak

No self condemnation
No shame and no guilt
Tears don't come easily
It's just how I'm not built
To withstand all the pain
That grief unbounded brings
I'd rather run and hide
Put my mind to other things

But i know how this works
The grief won't go away
One moment i'll feel free
And deep sadness the next day
Sadness for my father
Sadness for my son
Sadness at how my life
Will eventually be done

Just one final thought
To end this song's refrain
Unrestrained grieving
Doesn't always ease the pain
But packing it away
Deep inside my soul
Leaves me incomplete
life's ever empty hole