Stronger Than I Was

I'm stronger than I was
but not as strong as I have been.
I've traveled many pathways
good and bad things have I seen.

Friendships old and new
always there on which for me to lean.
Family there to reach out to
if and when I need to scream.

I've learned so many lessons
sometimes fallen in defeat.
Been inspired and determined
had moments bittersweet.

Struggled in the dark times
found it hard to find my feet.
Wading through the years
filled with lost love and deceit.

Healing is not easy
when shadow is etched into your soul.
It takes love and understanding
to make the shattered into a whole.

I'm stronger than I was
but not as strong as I could be.
Slowly getting stronger
learning to be me.

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