Pain

You know people’s name, not their story
yet you still beat them down.

You only know what you’ve seen or heard but you don’t know how they feel inside.

Think about yourself.
Would you want others looking down at you if they didn’t know your story?

You don’t feel their pain and you never will.

We all live in tough times, some worse than others.
If you’re in a tough spot, don’t take it out on others because it won’t help them or you.

It is just going to cause them more pain and then come back to you.

We think by beating up others, it will make us feel better.

To some, it may but then step back and think to yourself, is it really?

Pain is tough and although some of us are strong enough to get through it,
Some of us have been hurt too many times and have given up.

Live by the Golden Rule,

“Do unto others as you would have them do unto you.”