

## **Only You Can Deal With Your Loss**

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In life we all will face the loss of a loved one  
Whether they are young and died before their time  
Or whether they were very old and had a full life

Each person will face it at one time or another  
As we all die sometime that is how life works  
We never want to face that fact but it is true

And when we do have to deal with it someday  
We will have to deal with it in our own way  
No one can tell you how you should handle it

Although some will try to offer words of advice  
They'll say things like be brave or to be strong  
They are better off now they feel no more pain

While these all might be true statements of fact  
The loved ones left behind don't want to hear it  
They are the only ones who know how they feel

Although friends and relatives try to help  
Only the person who suffered the loss knows  
The deep pain left in their heart and soul.