

# *"A Good Cry"*



It is nothing to be ashamed of  
Because at times we all go  
through it  
And believe me when I tell  
you this  
Many times I had to do it

Because of a passing or the  
thought of someone  
Once loved and maybe still do  
Or something in life that  
was wished for  
That somehow did not  
come true

And many other situations  
That had us give that one  
big cry  
So no it is nothing to be  
ashamed of  
And not even to ever  
ask why

**Rachel Ann Bovier**