

The Value of Light (pg. 1)

There is a quote by Tupac Shakur that says; "I know it seems hard sometimes but remember one thing. Through every dark night, there's a bright day after that. So no matter how hard it gets keep your head up."

I have a deep connection with this quote, because I tell myself and others this all the time. I also say "You're not gonna be in here forever, keep your head up."

Sometimes, when I tell people this, I see a sparkle of hope in their eyes. Other times, I see deep anguish, hopelessness, like they don't believe one single thing I said. It's how I always try to uplift other people by focusing on the positive aspects they have in themselves or their situation. But I only see the flaws in myself and my situation.

I tell people it will get better for them, but tell myself this is all I'll ever be. I'll tell others the storm doesn't last forever, but see myself in an everlasting hurricane. I'll tell them that the dark makes lights value increase, but I tell myself I'm stuck in a dark cave with no light.

I don't understand sometimes why I am so hard on myself. I already have a thousand problems I have to deal with, I shouldn't add any extra stress on my shoulders. This I know, but at times I get so upset with my situation and predicament I'm in, I hate myself for it. Even though these dark times give the sunshine more appreciation, it has damaged me deeply.

It makes it hard for me to believe that better days will come, because I never had to make the poor choices and decisions to make this happen. It makes me feel hopeless and helpless most days, like this is all my life is going to be, like I'll never matter. It's hard at times to be optimistic about good times coming if all you ever saw were bad times.

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When you pray, hope, and do everything in your power to succeed, but end up failing, this can take a toll on you mentally and emotionally like it has me. But even though I lose and fall more times than I can count, I'm gonna keep my head up and telling myself through every dark night there's a bright day.

The day where I succeed, the day when I'm happy, a day when I smile, a day when I actually love myself. A day where I will finally be free. It has to come someday. Right!

So until pen meets paper again, keep expressing yourself, keep writing and keep being you.

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3-19-2023