

Name _____

Courageous Hearts: A Sonnet on Seeking Help

In shadows deep, where fears and doubts reside,

A soul in silence, battles to decide,

To show vulnerability, seek the light,

Or hide behind a mask, out of fright.

But courage blooms when reaching out for aid,

For in our weakest moments, strength is made.

To ask for help is not a sign of shame,

But bravery, to rise above the game.

With open hearts, we find our common ground,

In seeking help, a healing path is found.

Together we can mend what's torn apart,

And build a world where love's the beating heart.

So let us learn that showing vulnerability,

Is a path to strength and inner tranquility.

