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Stone Men

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Stone Men

Demitri J. Cullen

It always surprises me
How a broken man can be
So bright and happy outside
While he falls apart inside.
Unwilling to seek help
Because men are told
“Be strong! Man up!”
But men are not stones.
Men are not the bricks
That make up castle walls.
Flesh and soul alone
Cannot defend against
The slings of arrows and
The harsh sieges of life.
Men are held to that
Higher, impossible standard.
Be strong, and never break.
What you feel inside
Should never see the
Radiant light of day.
But men do break.
Men falter and shatter,
Falling apart without
Even a cry for help.
And that weakness, that
Oh-so-human feeling, longs
To shine through each and
Every crack in a man.
Because men are not
Made to act as lifeless stones.
Men break because they are
Treated like what they are not.
Stones.
Men break because they
Have learned to think they
Won't break. Can't break.
But Men.
Do.
Break.
And that's okay.