

**Fine** by Tina Cao

“I am fine. ”

was the default answer to every “how are you? ” question

*Fine*

No one questioned it, with the smile that accompanied every syllable of those three words

A mask to be hidden behind

It stopped them from asking any questions that would ’ve cracked me

But the eye never lies

If only they could see

If they really knew me,

really *cared*

They would ’ve seen sparkle of a held back tear

If I ever let out what I was feeling,

I fear,

I am dramatic and weak

So I became that drama queen that they wanted

The fake of every smile and every word,

I am numb from any pain because-

I am okay, I am good, I am *fine* .

The lost girl that once was, was trapped

Yelling and begging to be free

But now it is too hard to crack

Too hard to open up, to be *vulnerable*

Because that would make me *weak*.

I am not weak.

I am *fine* .

If you liked this, please listen to our podcast that will be published on August 4 on the topic of mental Health!