

the ONE where I needed a Friend

by Guru Mani H

Where were you when I needed a friend?

You were just too busy

Wrapped up in your own life

My messages went unanswered

My cries for help unheard

My pain seeming not to touch you

That agony of soul

Staying within me

Continuing to torment

When the answer to my pain

Was for you to *drop everything for a while*

And give me

Your time

Your undivided attention

Your energy

When I needed a friend...

Where were you?

Where were you when I needed a friend?

When I was down

Bruised and broken

You stayed silent

When others pointed the finger

And spoke cruel words

When I was on the ground

Beaten and battered

And others just kicked and punched

Emotionally and mentally
When I needed you to *take a risk*
To stand apart from the crowd
And stand up for me
To see that underneath the outside
It's still me
The same person
Who until now always believed that we were friends
When I needed a friend...
Where were you?

Where were you when I needed a friend?
To accept me as I am
Not just as you want me to be
To love me as I am
Not on condition that I do as you say
To be there for me
Not reject me because I didn't meet your standards
When I needed a friend to *fully accept the whole package*
The good
The bad
The ugly
When I needed a friend...
Where were you?

Where were you when I needed a friend?
Not to tell me what you would do
Not to give theoretical solutions
Not even to talk
But just give me the space
Uninterrupted

To share my story
To pour out my heart
To spew out my guts verbally
When all I wanted you to do
The only thing I needed you to do was *really truly listen*
Not pretending to listen
Not half-listening
Not listening whilst your mind wanders elsewhere
But listening in your heart
Wanting to empathise with me
Trying to understand me
When I needed a friend...
Where were you?

Where were you when I needed a friend?
When you moved away
I thought our past history
Would be strong enough to keep us in the present
And into the future
But with your new home came new friends
You forgot me
And even though there was the occasional chat
Or a coffee when you returned
It was surface
Superficial
We were like two strangers
And your excuse that you kept in contact on social media
Really sucked
Grouped me in with hundreds of others at a click of a button
You talked a good talk about us staying friends
But I needed your friendship *in actions not just words*

And that wasn't there any more
It hurt
Really hurt
When I needed a friend...
Where were you?

Where were you when I needed a friend?
When I made a mess of my life
When I knew that I totally fucked up big time
When I was in a pit of shit
Up to my neck in it
Unable to rescue myself
Needing someone to reach down a hand and pull me out
Help clean me up
Or if you couldn't do that
Then climb down into the crap with me and just sit there
And be my shit buddy
I NEEDED A SHIT-BUDDY
But you were no-where to be found
Vanished in a puff of smoke
And I was left there all alone
In that stinking mess
When I needed a friend...
Where were you?

drop everything for a while

take a risk

fully accept the whole package

really truly listen

in actions not just words

A SHIT-BUDDY

When my friend needed me...

Where was I?