

## Quotes Written by Zainab

In this life you might experience things that can make you cry, and people will start making your life even more difficult you might even hate yourself because people are judging you for what you are, who you are, and what they want you to do or even be. You might find the only solution is crying and being lonely and possibly want to become the person that they want you to be, but at the time when you sit and think you then realize that no one and nothing deserves sadness and tears. It is fine to cry and that does not necessarily mean that you are weak, no it actually means that you are strong enough to be able to express your feelings.

Don't be the person  
that people wants you to  
be, instead be the  
person you want to be :)

Zainab ABdullah

Sometimes when you think you found happiness and finally started smiling, you will maybe feel like a bird flying high in the sky, so excited and very happy, but when problems starts attacking you once again and sadness starts to replace your found happiness and the reality hits you hard, you will feel like every part in your body is hurting. Your heart and mind are bleeding and are being tared apart. When you can't let those tears down, when you are sad because you don't want anyone to tell you "what's wrong, are you okay," it is very hard when you can't let those tears down and yell, "I am tired I can't do this anymore." You will start to ask yourself why doesn't this happiness last for a long time. Sadness is long and happiness is very short.

Happiness doesn't last  
for a long time  
so when there will  
ever be happiness  
coming towards you  
don't get excited  
be sure that there will  
be a day where you  
will lose it  
so live every moment in your life wisely

Zainab Abdullah

## *Could sadness turn into happiness*

*Losing everything in your life and when you have a lot of problems to deal with that is when sadness attacks you. Those tearful nights that you spend alone crying, suffering and broke feels like knives stabbing you in the heart and at that moment you feel nothing is getting better and everything seems to get worse but the strongest pain that could ever happen always has an ending to it. Then you start to look far down the road and ask yourself if you'll make it to the end, there is no need to ask yourself such a question, you should instead say "I can and will make it to the end of the journey." There will be a day where this sadness will turn into happiness but that happiness will enter your life only when you decide to have an ending to the sadness. Sadness does not last forever, everything is in between your hands and under your control, you can switch everything, and at the end there is nothing impossible to do. If there are problems that you are dealing with and you can't solve them, just don't waste your time on a thing you have zero control upon because there is so many bright things waiting for you. No matter how long sadness last at the end good things will happen to you and happiness will fulfill your life. After sadness comes happiness and no matter how long the moon takes to appear at night, it will later appear and brighten up the dark nights.*

*ZainabAbdullah*