

The Girl and the Dragon of Demands



Once there was a girl.

From the time she was very small, she thought:
“If I help everyone... if I fix everything... then I will be
good.”

She ran. She carried. She comforted. She repaired what
was broken.

But no one saw she was getting tired.

Pause



Every day she gave away a little piece of her heart —
to her parents,
to her siblings,
to her friends,
to strangers,
to people who were sad,
to anybody who needed a little help.

She forgot something important.

Herself.

When she cried, she would say to herself,
“Not now. Others need me.”

So she never learned how to hold herself.

Breathe



In her chest lived a dragon.
Not an ordinary dragon — the Dragon of Demands.

The dragon whispered:

“You have to be strong.”

“You cannot fail.”

“If you stop, everything and everyone will collapse.”

“No one will save you.”

The dragon grew large from those demands.
And the girl grew small.

Reflect