

**Please don't tell me you know how I feel  
Unless you have lost your son too  
Please don't tell me my broken heart will heal  
Because that is not true  
Please don't tell me Tommy is in a better place...  
though it's true  
I still want him here with me  
Don't tell me someday I'll hear Tommy's voice, or  
see his face  
Beyond today I cannot see  
Don't tell me it's time to move on  
Because I cannot  
Don't tell me to face the fact that Tommy is gone  
Because denial is something I cannot stop  
Don't tell me to be thankful for the time I had  
Because I wanted more  
Don't tell me when I am my old self you will be  
glad  
I'll never be as I was before  
What you can tell me is you will be here for me  
That you will listen when I talk of my son  
You can share with me my precious memories  
You can even cry with me a while  
And please don't hesitate to say Tommy's name  
Because it's something I long to hear everyday  
Friend please realise that I can never be he same  
But if you stand by me  
You may like the person I become someday.**