

"Boys don't
cry."

flow



Maybe the world doesn't say that
in so many words anymore,



But it's implied. Heavily.

How can you expect
to grow into a
strong man
like that?

Suck it up.

Tough it
out.

You shouldn't
let
see
people
you
like this.





See, the issue there is that the world tells you that to be strong, to be "in control", to be a man is to be unfeeling. Or at least, not feeling to the point that it doesn't affect you at all.



But they're wrong.



To feel big, to cry, those are not weaknesses or the antithesis of "manliness."

It takes courage and strength
to allow yourself to feel
your feelings....



...and allow for the overflow.