

Being Offended is a Choice.

"Who said that thing?" "She was mean to me."

"Did you hear it?" "Did you see?"

*How that person **made** me feel?*

It's so hurtful." - Yeah, a really big deal!!

How many times have you heard such wails?

Dramatic moments, woeful tales?

People crying, in full defense,

And most of all, taking offense!!!

But instead, hold back that sob.

And recognize it's an inside job!

Be strong in heart and mind and voice,

Because being offended is a personal choice!

Change your perspective, change your view,

The one responsible for your feelings is YOU!

It's time, self worth to liberate,

And to know, your experiences, you create!

No other one has the power to **make** you feel

Any way. Don't allow them to steal

Your innate strength, your inner power,

Stand strong and tall, like a human tower!