An Acceptable Lie

If you ask some people if they're okay,
They will nod and give you a smile that doesn't reach their eyes.
To the wise, a sign of troubled waters held in check by iron discipline,
Yet every wall is breached by a wave of emotion...
Now and then;
Those times when a day reminds us of an event, usually tied in with pain or loss ... sometimes the fight.
Or perhaps the days when we're pushed and prodded by you or the system.
It's one of those days when we'll give you that smile,
And tell you we're alright and that is when we tell...
An acceptable lie.

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