Thy bosom is endeared with all hearts,  
Which I, by lacking, have supposed dead,  
And there reigns Love and all Love’s loving parts,  
And all those friends which I thought buried.

How many a holy and obsequious tear  
Hath dear religious love stol’n from mine eye,  
As interest of the dead, which now appear  
But things removed that hidden in thee lie.

Thou art the grave where buried love doth live,  
Hung with the trophies of my lovers gone,  
Who all their parts of me to thee did give;  
That due of many now is thine alone.

Their images I loved I view in thee,  
And thou (all they) hast all the all of me.
suggesting triumph in war. At the root of their relationship is a battle for the hearts of other males.

The last lines show how great the speaker’s loss has been. He sees the images of his former lovers in his youthful friend, and because he has given himself to them and they have become the conquests of the youth, the youth possesses the whole (the “all”) of the speaker, too. This is not the kind of possession of the heart that the speaker depicts in Sonnets 22 through 26.

At the end of Sonnet 30 all losses are restored; at the end of Sonnet 31 they become losses again.