

The Process

Chastity Belt

You try hard to go easy on yourself
But you think they expect you to do better
It's in your head that you're not good enough
And you know it but it doesn't make it better

Telling lies to your therapist, it's fine
It's fine, it's all part of the process
Seeing the worst in what you do best
It's fine, it's all part of the process

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You thought it'd get easier
But you feel stuck with no control
Still in front of the mirror
Counting the things you want to change