

Shame

Mary Lambert

One, two, three, four
Can't find a reason to get out of bed
But you're lying next to me
It's not your fault

One, two, earthquake
All of the people inside of my brain
Are divided
And fighting
Say, "Get over it"

And shame is an ocean
I swim across
Across
Across
Across

You can't break me
If I've already done it myself
You can't shame me
If I've already done it myself
You can't drown me
If I've already done it myself
But I wanna come alive
I wanna come alive
I wanna come alive
I wanna come alive

One, two, dark room
Does anybody know the way out of here?
I planted roses in the backyard
Don't remember why

One, two, forget
The language of memory, the nouns
The hurt, I'm not a
Person, a place, or a thing

And shame is an ocean
I swim across
Across
Across
Across

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If I've already done it myself
You can't shame me
If I've already done it myself
You can't drown me
If I've already done it myself
But I wanna come alive
I wanna come alive
I wanna come alive
I wanna come alive

If I hate myself enough
I can call it kindness

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I can call it kindness

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