```
I felt bad but there was nothing I could do about it
Nothing I could do to make it go away
I felt bad but there was nothing I could do to change it
Nothing I could do to make things change
This is my shame
This is my shame
I felt bad but I keep trying to kid myself about it
Trying to tell myself it was an honest mistake
```

This is my shame This is my shame

Just one thing remains

I know your mad at me
I know you want to cut my throat
I know you think I think it's all a joke
I don't, I don't

I felt bad but what's done is done

I felt bad but there was nothing I could do about it Nothing I could do to make it go away, I woke up and thought Every thing's going to be alright, every thing's going to be ok ay

Then it hit me like a wave, then it hit me like a wave

This is my shame This is my shame This is my shame