

The Inner Scream

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If you're not good to yourself
You'll be drowned out
By your inner scream
If you're not good to yourself
Then your anger becomes a disease
A carnival of confusion
A carousel of emotion
A freak show of frustration
A Merry go-round mojo
If you're not good to yourself
If you're not good to yourself
You'll look elsewhere for absolution !
If you're not good to yourself
Then your self doubt becomes retribution
A sideshow of suspicion
A Ferris Wheel of fear
A roller coaster of madness
A circus of solitude
If you're not good to yourself
Go on and let your scream out
Let it out
If you're not good to yourself
You'll be drowned out
By your inner scream
If you're not good to yourself
Then your anger becomes a disease
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Go on and let your scream out
Let it out