

Stigma

Tom Walker

Well, it's hard to speak when you're tongue-tied
Tough to breathe when you're going under
Bury deep those emotions
Damn, the rivers are overflowing

What's the cause to this stigma?
Our brothers and fathers, uncles and partners
We teach our boys to be big men
Not how to cope with this illness

Well, sticks and stones
They may break your bones
But the couple words, they could save you
And it's OK, man
The world has changed
And I know it's hard tryna fake it

'Cause I wish I could be stronger
For that I feel ashamed
'Cause those feelings, they get bottled up
As I down another can
And I guess I'm like my father
Better burn and now I know
That it's the men who talk about it
They're the ones who make it home
Home, home
They're the ones who make it home
Home, home, home, home

What's the cause to this stigma
People scared to reach out like they don't know how
Some afraid to be a burden
They keep it locked beneath the surface
But I see the progress every day, man
Promise things are gonna change
And it's OK, man
I feel your pain
And I know it's hard tryna fake it

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