

# Shamemaker

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when i feel ashamed  
i get so scared  
it makes me wanna hurt you  
shamemaker

my body aches  
and i feel alone  
i'm in a very defensive place  
shamemaker

oh oh-oh ooh!  
feel the feeling oh!  
process feelings  
feel it in the belly  
like a yellow worm with teeth

oh oh-oh ooh!  
bring it down, don't think too much  
feel the feeling  
let it have its way til it says good bye  
Go!

i need to breathe  
just need to breathe  
don't walk away  
shamemaker

touch me  
you need to touch me  
but i'm afraid  
shamemaker

oh oh-oh ooh!  
feel the feeling oh!  
process feelings  
feel it in the belly  
like a yellow worm with teeth

oh oh-oh ooh!  
bring it down dont think too much  
feel the feeling  
let it have its way til it says good bye  
let it have its way til it says good bye

let it go  
shamemaker