

Toxic Shame

6th - 10th Aug 2012

You and I

- ① You were there for me when I was low
You lifted me up and made me glow
You were there when I got home
You made me feel I was not alone
That was You and I
- ② You picked me up when I was down
You made me laugh and play the clown
You were my friend on who I could rely
You didn't want me to say goodbye
That was You and I
- ③ You then ruled my life and took ~~my~~ control
You ruined my freedom and took my soul
You made me feel that I had died inside
And the only way out was suicide
That was You and I
- ④ You took me jobs and brought me shame
But always told me who to blame
You made me sick, you made me ill
You made me lose my own self will
That was You and I
- ⑤ I wanted you to leave, I wanted you out
I begged you to go, I would even shout
But you were stubborn and wanted to stay
I was now drained thinking of you night and day
That was You and I

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⑥ I seeked the help I knew I needed

I was on my knees and even pleaded!

I was at the end of my tether and wanted to die

Even then you were encouraging me to lie

That was you and I

⑦ I want back my soul and my life.

To be a good daughter, sister, ^{Anty} and wife

So this is good riddance and I ~~send~~ ^{send you} ~~to~~ to hell

my life is going to get better and I will be well

Thus is myself and I.