

Henry Rollins "Low Self Opinion"

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I think you got a low self opinion man
I see you standing all by yourself
Unable to express the pain of your distress
You withdraw deeper inside
You alienate yourself
And everybody else
They wonder what's on your mind
They got so tired of you
And your self ridicule
They wrote you off and left you behind

You sleep alone at night
You never wonder why
All this bitterness wells up inside you
You always victimize
So you can criticize yourself
And all those around you

The hatred you project
Does nothing to protect you
You leave yourself so exposed
You want to open up
When someone says
Lighten up
You find all your doors closed
Get yourself a break from self rejection

Try some introspection
And you just might find
It's not so bad and anyway
At the end of the day
All you have is yourself and your mind
The self hatred that blinds you
Binds you grinds you keeps you down
The world falls down around you
You build up walls around you
You wear disgust like a crown

If you could see the you that I see
When I see you seeing me
You'd see yourself so differently
Believe me

I know the self doubt that runs inside your mind
I know the self that treats you so unkind

If you could see the you that I see
When I see you
You would see things differently
I assure you

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