

Clearlake "Treat Yourself With Kindness"

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You've been punishing yourself for far too long
I've seen you treat yourself in ways you'd never treat
Another

Don't think I can watch
Sometimes it's all a bit too much
Whoever told you you weren't good enough
Or made you feel like such a failure

Do unto yourself as you might wish thy will be done by
Someone else
Try your best to treat yourself with just a little
Kindness
(2x)

Lately I'm amazed you find so many different ways to
Take away from who you are
And it remind me of myself a little

So much to live up to
You've been punishing yourself for far too long
I've seen you treat yourself in ways you'd never treat
Another

Do unto yourself as you might wish thy will be done by
Someone else
Try your best to treat yourself with just a little
Kindness
(3x)

Do unto yourself as you might wish thy will be done by
Someone else
Try your best to maybe treat yourself with kindness

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