

First Step

"Face The Pain"

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I've got people to stand with me but I've got to
Bare this on my own.
Feeling fear has brought me to my knees.
Do I have the strength I truly need?

Face the pain.

Being angry won't get me far if what I planned isn't how
things are.
Facing life I'll take the risk of finding out how life really
is.

Face the pain.

We can't keep doing what we've always done!
FACE THE PAIN!
When the pain starts we can't turn and run.
FACE THE PAIN!
If you think you're stuck, stop and look again.
FACE THE PAIN and the healing can begin.

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