

“SHAME”

(Written by a man who completed a long-term domestic abuse program)

**I ALWAYS EXPECT, WHAT I DESERVE
A RIGHT FIELD SPOT, IS NEVER A CURVE
I ACT AS IF HAPPY, WORKS BETTER THAT WAY
CAN'T BE EMBARRASSED, IF I DON'T GET TO PLAY**

**WISH I COULD BE, MORE THAN I AM
WONDER IF I'LL EVER, REALLY BE A MAN
APPROVAL IS SOMETHING I NEVER TRY FOR
CAN'T SEE THE BEAUTY, SO WHY HOPE FOR MORE?**

**SOME SAY I'M GOOD, BUT THEY JUST DON'T KNOW
THE PERSON WITHIN, THAT'S SECRET AND LOW
WON'T EVER GET IT RIGHT, WHY ALWAYS TRY TO BE
THE PERSON I'M NOT, JUST GIVE UP AND FLEE**

**SAFER ALONE, QUIET THOUGH IT IS
WHERE SHAME I EMBRACE, THE FRIEND THAT IT IS
FRIEND AND YET FOE, I HATE IT, YOU SEE
BUT WON'T LIVE WITHOUT IT, FOR FEAR I'LL LOSE ME**