I was angry with myself. I was lost and confused. There wasn't an unkind word or spiteful thought I hadn't used. All the anger I carried was bound to explode. I was walking in a rage down a long hard road.

- O Corrymeela, I need to rest myself.
- I need to discover myself again.
- O Corrymeela, I need a peaceful vision.
- O let my only decision be to lay down my sorrows.

There were times when I was right.

There were times when I was wrong.

I couldn't feel one way about anything for very long.

The blame for all my troubles pointed everywhere but me.

I was as full of hate as any one you'll ever see.

- O Corrymeela, I need to rest myself.
- I need to discover myself again.
- O Corrymeela, I need a peaceful vision.
- O let my only decision be to lay down my sorrows.

Just to feel the anger leaving me.

Just to let the burning bitterness die.

O show me the sea, let its music heal me.

Show me a field where I can lie.

I was tearing myself apart.

I was my own worst enemy.

There didn't seem to be an answer to my misery.

- I knew that I was wrong and I was sure that I was right.
- I was cursing the darkness and blowing out the light.
- O Corrymeela, I need to rest myself.
- I need to discover myself again.
- O Corrymeela, I need a peaceful vision.
- O let my only decision be to lay down my sorrows.