

## Guilt Trips And Conversations

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Guilt is the game that you play with yourself  
Either betraying your conscience or blaming someone else  
Get defensive, aggressive or block out everyone  
but eventually you'll find the day will come  
When you find the answers to the way you are today  
The "why's" and the "who's" they don't matter anyway

Blame your mother  
Blame your father  
Blame it all on me  
Or you can look in a mirror and see the reality  
That the guilt will make you crazy  
It'll make you live in fantasy  
We only have one life to live  
It's your time to change and make things right  
How will you sleep tonight?

With a guilt lying beside you  
Holding your hand, whispering you lullabies in a dreaming head  
You are lying and you are growling,  
You're scaring of everyone and you're running for safety  
When you find the answers to the way you are today  
The "why's" and the "who's" they don't matter anyway

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