I catch you digging in my trash For stuff I've long thrown away You bring it back on a tray

And I hear you wheezing in the hall Spreading gems and old news You always love to confuse

I flee the light just to live in your shadow I'm needing mercy and you offer me blame

Dear Shame
You're oh so eager to toy with me
You're always stealing the joy in me
You love to whisper my name
Dear Shame, Dear Shame

You've got me living like a bug Crawling in fear It's been a very long year

I dream of growing some wings I think I'm flying away Then you point and you spray

All my hidden secrets Crave the light of forgiveness You pull the shades You accuse and you blame

Dear Shame
You're oh so eager to toy with me
You're always stealing the joy in me
You love to whisper my name
Dear Shame, Dear Shame

I fled the light just to live in your shadow I needed mercy and you offered me blame

Dear Shame
You're oh so eager to toy with me
You're always stealing the joy in me
You love to whisper my name
Dear Shame, Dear Shame

Dear Shame
I think I'm wise to your strategy
I won't be needing your company
My name's eternally clear
Dear Shame, Dear Shame