

## Low Self Opinion

Rollins Band

I think you got a low self opinion man  
I see you standing all by yourself  
Unable to express the pain of your distress  
You withdraw deeper inside  
You alienate yourself  
And everybody else  
They wonder what's on your mind  
They got so tired of you  
And your self ridicule  
They wrote you off and left you behind

You sleep alone at night  
You never wonder why  
All this bitterness wells up inside you  
You always victimize  
So you can criticize yourself  
And all those around you

The hatred you project  
Does nothing to protect you  
You leave yourself so exposed  
You want to open up  
When someone says  
Lighten up  
You find all your doors closed  
Get yourself a break from self rejection  
Try some introspection  
And you just might find  
It's not so bad and anyway  
At the end of the day  
All you have is yourself and your mind  
The self hatred that blinds you  
Binds you grinds you keeps you down  
The world falls down around you  
You build up walls around you  
You wear disgust like a crown

If you could see the you that I see  
When I see you seeing me  
You'd see yourself so differently  
Believe me

I know the self doubt that runs inside your mind  
I know the self that treats you so unkind

If you could see the you that I see  
When I see you  
You would see things differently  
I assure you