

It Is Not Your Fault

When people do wrong, they are afraid,
Because from the right path, they have strayed.
They try to frighten the one they've abused,
The person whom they have used and bruised.

“You will lose love, and you will be blamed,
If someone finds out, you will be shamed.”
This is what they will say to fill you with guilt.
To break all the confidence that you have built.

“It must have been something you said or did,
That made me do the thing we hid.
You broke safety rules. You were careless,
That is why you have got into this mess.

So don't breathe a word, don't tell anyone.
Just come to me and let us both have fun.”
But they're wrong, no matter what they say
You must tell someone. You must try to find a way.

Because they did wrong and they are to blame;
You have only suffered, it is their shame.
It is all their fault, you have nothing to hide,
Do not add to your burden and shrivel up inside.

You break free. Don't listen to a word!
Tell someone you trust! Feel the joy of being heard.
If not the first or second, go on and tell a third.
'Cause then it will stop, and you'll be free as a bird.

