

Work Out Strong Feelings

I have a feeling inside me tied up in one big knot.

I'm not sure what this feeling is that's hit a tender spot.

I'd like to find words to describe it and how it came to be.

I think that you could help me by listening to me.

Words to describe my feelings
will help me set things
straight.

Words to describe my
feelings will lift this
heavy weight.



Shao