Terence Trent D'Arby, The Inner Scream

If you're not good to yourself You'll be drowned out By your inner scream

If you're not good to yourself

Then your anger becomes a disease

A carnival of confusion

A carousel of emotion

A freak show of frustration

A Merry go-round mojo

If you're not good to yourself

If you're not good to yourself

You'll look elsewhere for absolution!

If you're not good to yourself

Then your self doubt becomes retribution

A sideshow of suspicion

A ferris wheel of fear

A roller coaster of madness

A circus of solitude

If you're not good to yourself

Go on and let your scream out

Let it out

If you're not good to yourself

You'll be drowned out

By your inner scream

If you're not good to yourself

Then your anger becomes a disease

If you're not good to yourself

Go on and let your scream out

Let it out

1998 Words: Sananda

1998 Music: Sananda and Glen Ballard