Natalie Merchant, Tell Yourself

I know what you tell yourself, you tell yourself
Look in the mirror, look in the mirror
What does it show
I hear you counting
I know you're adding up the score
I know, oh yes, I know what you tell yourself
You tell yourself

Ever since Eden
We're built for pleasing
Everyone knows
And ever since Adam crack his ribs
and let us go
I know, oh yes I know
What you tell yourself
You tell yourself

Who taught you, how to lie, so well
and to be mean, in each and every word you say
Who told you, that nothing about you is alright?
it's just no use, it's just no good, you'll never be Okay.
Well I know, I know that wrongs been done to you
"It's such a tough world"
That's what you say
Well I know, I know it's easier said than done
But that's enough girl
Give it away, give it
Give it all away

Tell yourself that you're not pretty
Look at you, you're beautiful
Tell yourself that no one sees Plain Jane
Invisible me, just tell yourself, tell yourself
Tell yourself you'll never be
Like the anorexic beauties in the magazines
Like a bargain basement Barbie Doll
No belle du jour
No femme fatale
just tell yourself
Tell yourself there's nothing worse
Than the pain inside and the way it hurts
But tell yourself it's nothing new
'Cause everybody feels it too
They feel it too
And there's just no getting 'round the fact
that you're thirteen right now