There's nothing SPECIAL about Me

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I'm BAD

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I'm UGLY

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things always change

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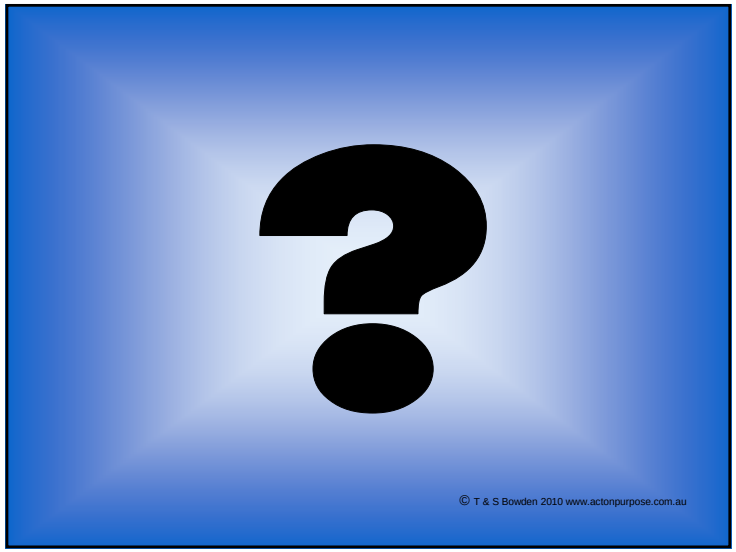
?
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I'M A DISAPPOINTMENT
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I'm
feeling
healthy
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I'm nOt
woRTh
iT
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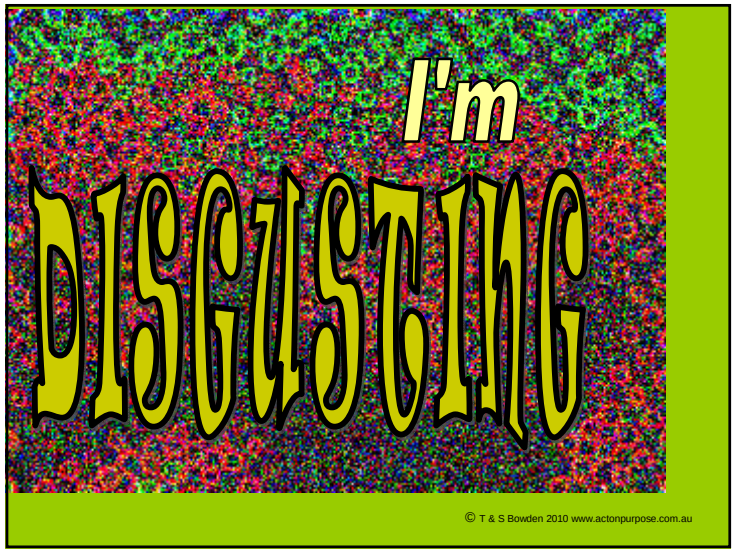
I'm
DISGUSTING
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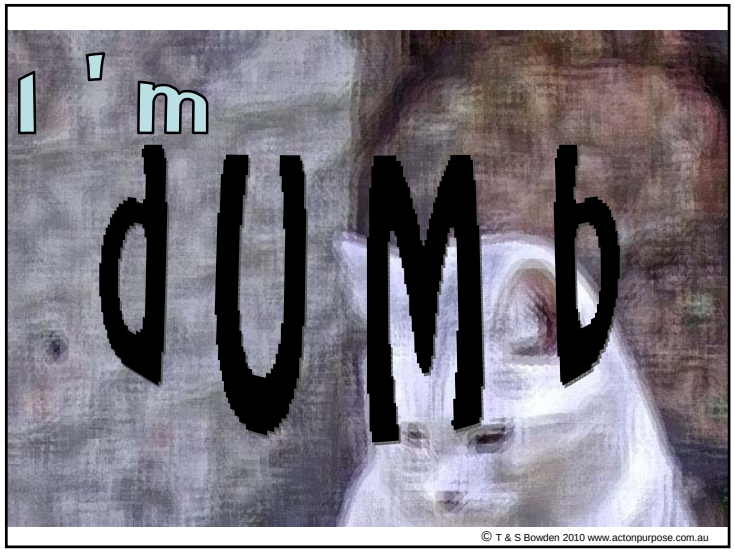
I'm
dUMb
© T & S Bowden 2010 www.actonpurpose.com.au

I know what's
IMPORTANT
to me
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no-one
loves
me
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I'm
Weird
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I'm a
LOSER
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I've come a long way
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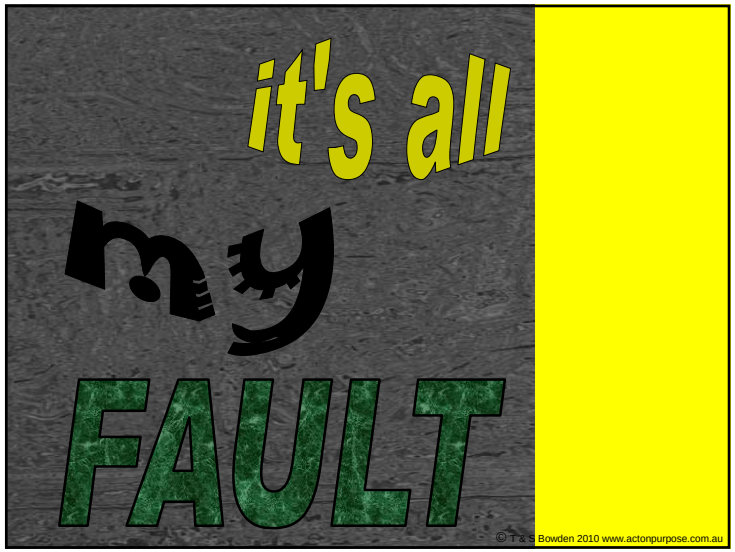
it's all
my
FAULT
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I'm
NoT
wAntED
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I
CAN
ACCEPT THIS
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I can't.....
until.....
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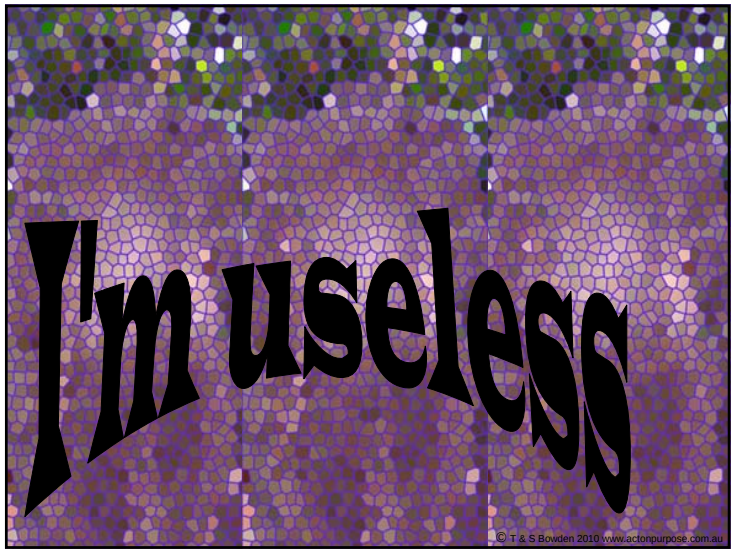
I'm useless
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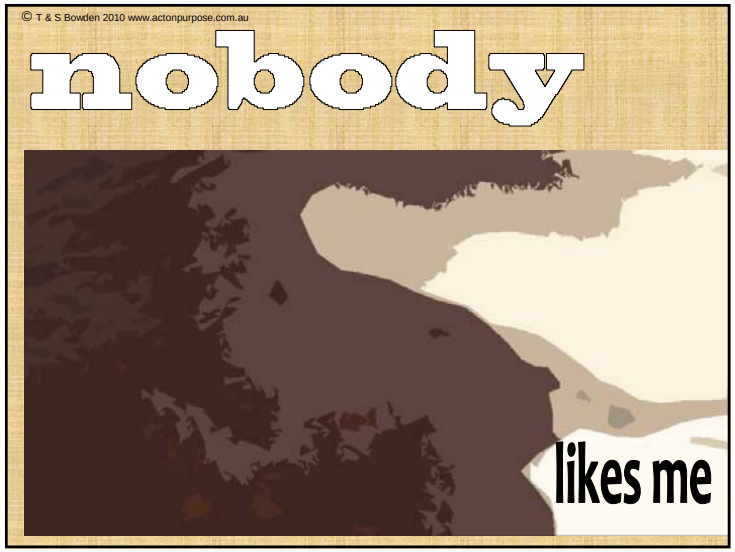
I'm doing better
than I
used
to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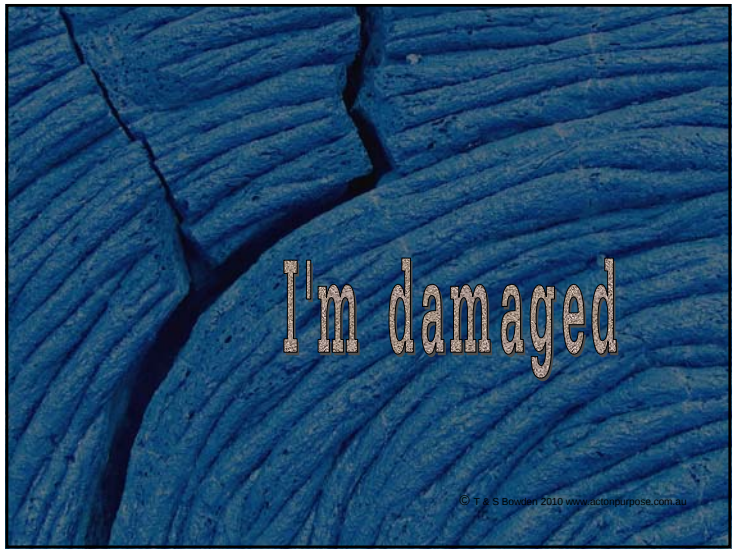
nobody
likes me

© T & S Bowden 2010 www.actonpurpose.com.au
i'm broKEn

I deserve
it
© T & S Bowden 2010 www.actonpurpose.com.au



There's something

wrong

with **me**

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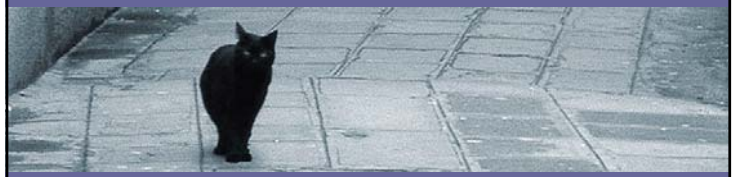
everyone would be better off



without me

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I can handle it

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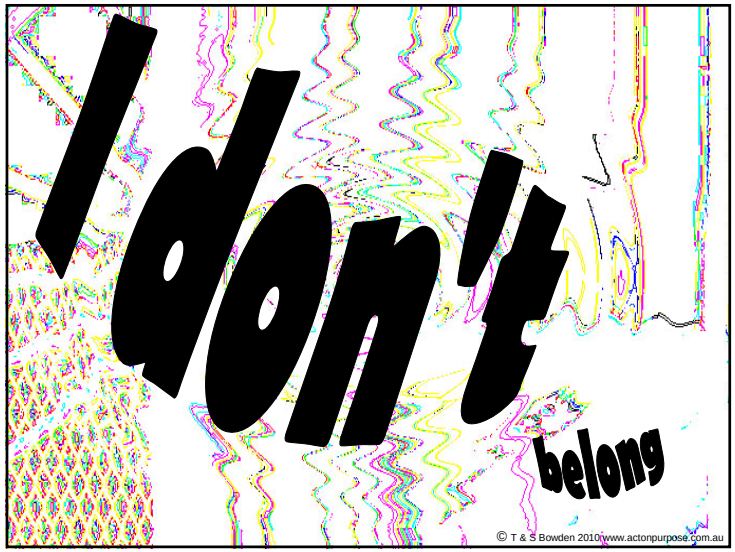
I don't
belong
© T & S Bowden 2010 www.actonpurpose.com.au

I
can't handle it
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I'm too...
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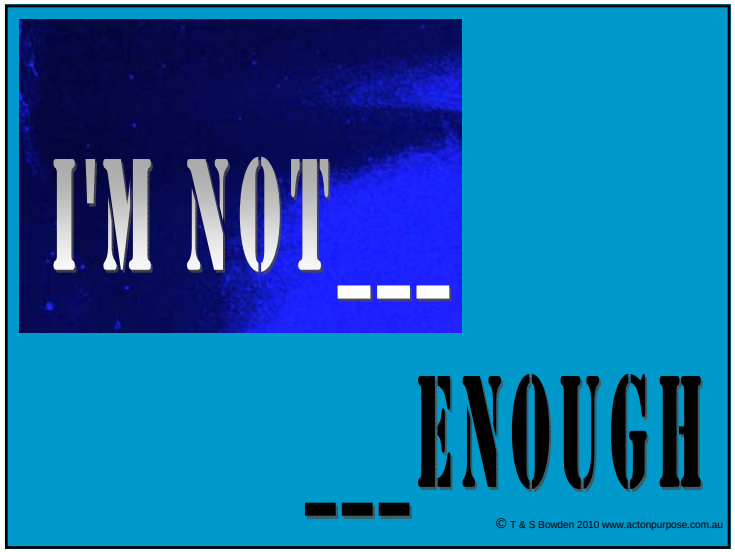
I'M NOT___
___ENOUGH
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THINGS WILL GET BETTER
IN TIME
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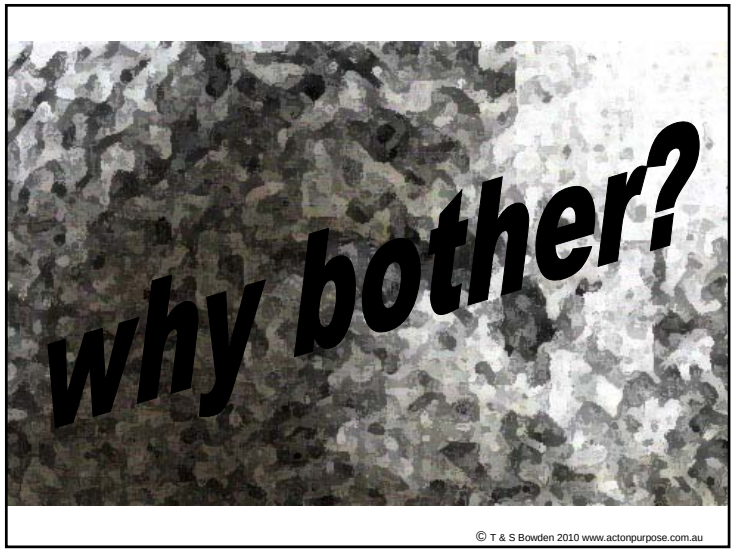
why bother?
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I don't want to be here
any more
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I can choose
to ACT differently
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I'm BORING
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i cAn't C0ntr0l...

i'm invisible
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I've
learned
some important things
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I'm not good enough
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