

## **Respect Yourself**

Love yourself the best that you can  
You don't need no validation from a man  
Even if he begs don't open up your legs  
Give yourself respect, it will have the right effect  
And if your man is mean, and he's vile and rude  
Baby's got to find a different kind of dude  
Respect yourself girl, be all that you can be.  
This kind of thinking will set your soul free.

“My father liked beating the shit out of me.  
With booze on his breath he smacked my sisters and me.  
'You're nothing, you're fat,' he'd yell to my face.  
But no matter how I tried, I couldn't escape that place.  
My dad's dad beat him as well.  
Pain weaves through generations like a living hell.  
But it's all stopping, all stopping with me.  
I'm going to follow a path that will set us all free.”

“This hell is gonna end. This hell is gonna end.  
I'm gonna be my very best friend.  
This hell is gonna end, I've had it with abuse.  
It's time to turn my spirit loose.”