

Feeling Feelings

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Everybody feels feelings
Feeling feelings doesn't mean I'm bad
But I can choose the feelings I'm feeling
And I'd rather choose happy than sad, I'm glad
I'd rather choose happy than sad

Everybody sometimes feels angry
Feeling angry doesn't mean I'm bad
But I can choose not to feel angry
And I'd rather choose happy than sad
I'm glad I'd rather choose happy than sad

Everybody sometimes feels hurt

Everybody sometimes feels jealous

Everybody sometimes feels lonely

Everybody sometimes feels dumb

Everybody sometimes feels shy

Everybody sometimes feels scared

Everybody sometimes feels nervous

Everybody sometimes feels worried

Everybody sometimes feels small

Everybody sometimes feels weak

Everybody feels feelings
Feeling feelings doesn't mean I'm bad
But I can choose the feelings I'm feeling
And I'd rather choose happy than sad, I'm glad
I'd rather choose happy than sad