

PRESSURE

Even though I feel stressed because I feel pressure, to perform or to be a certain way, somehow I can accept myself
Even though I'm stressed because of all this pressure placed on me, somehow I can forgive and love myself
Even though I have all this pressure to meet certain expectations, somehow I can love and forgive myself

I feel all this pressure
From the people around me
And pressure from myself
I feel pressure to perform
And I feel pressure to conform
People have certain expectations of me
And I have certain expectations of myself
And it's more pressure than I can handle
All of this pressure is too much to handle

I want to be over all this pressure I'm feeling

I feel pressure to do things
I feel pressure to live up to certain standards
I have certain beliefs about what I should be able to expect of myself
I feel I should be able to do certain things
I feel a lot of pressure to perform
I have people counting on me to do things
I have others counting on me to be a certain kind of person
I need to do certain things
I need to be a certain kind of person

I want to be completely, 100% over all this pressure I'm feeling

I have so much pressure on me
And I find it unbearable
I'm scared of not meeting those expectations
I'm afraid that I'm not really what they want me to be
I'm afraid I'm not really what I want to be
All of this pressure
And I feel myself cracking
I feel that I don't meet those expectations
What would it mean if I don't live up to those expectations?

Somehow I will be completely, 100% over all this pressure I'm feeling

Whose expectations am I trying to live up to?
Whose standards are placing all this pressure on me?
Who expects these things of me?
Even though I feel pressured to live up to certain expectations
Somehow I can choose to see myself as I truly am
Even though I feel pressure to meet certain standards
Somehow I can choose to see all the strengths that I have
Somehow I can choose to see what I'm really capable of
And somehow I can choose to stop putting unnecessary pressure on myself

Somehow I can choose to be myself, and love and accept all of my qualities