

When I Get A Feeling

Chorus:

**When I get a feeling I try to feel it
I want to know what it is and what it's trying to say
Whether I'm reeling or quietly feeling
It's a part of me, I was made that way**

Hello anger, you sure look mad
Hello blues, why you feeling so sad
Anxious, grateful, eager, afraid
These are just a few of the friends I've made

Frustrated tells me it's time to relax
Thoughtful quietly gives me the facts
Tired tells me to get some rest
Satisfied says, "You've done your best"

(Chorus)

Things like worried and jealous used to be
An incomprehensible language to me
Twitches and tingles, an inner sensation
I finally learned to do the translation

Now greedy tells me, "You want too much!"
Tenderness is asking for a gentle touch
Confidence tell me "you're doing okay"
And joyful shouts, "It's a wonderful day!"

(Chorus)

Happy or sad, there's no good or bad
A feeling's a feeling with something to say
There's at least one a minute with wisdom within it
They help me to grow as I go on my way

(Chorus)