

Labels (Song 2)

A label can be good or bad, it just depends
If it comes from society or real friends
And if you don't like them you can take 'em off
And if they have been on too long, you can break 'em off
Cause all white people ain't racist
And no all blacks don't have the same faces
We won't feel compassion if we remain faceless
Gotta deal with the past so we can erase this
And I know we can help it
But it is the one thing that we really need help with, we're too selfish
And we don't want to step out the comfort zone
But it's not comfort when my pain is what your comfort is on
We shouldn't judge a book by its cover
Arrest convict or judge crooks by their color
'Cause our hearts all work the same
Ashamed that we don't all hurt the same

You are greater than the words you hear
Greater than the things you fear
It's not clear now, but one day you'll be able
To break free and tear off the labels

I remember like it was yesterday
Then I pause for a second was it just today? Now it's only us today
And it is so hard to say goodbye to my guy
And I really know the reasons why I
Used to be just like him he had it all
The grades, the girls, beautiful pictures on the wall
And a personality that was flawless
Really no choice but to succeed when having all this
Two parents at home college scouts on the phone
Even in the midst of crowds he would feel alone
And I never understood 'til I got the call
It's too much pressure, I am ending it all
I said man, that ain't the thing to do
'Cause there is a lot of people that would kill to be you
He just said, yeah I bet, but I haven't even been me yet

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Maybe I am not as smart as the other kids
Maybe I'll end up doing what my brother did
Cause that is how they all see me anyway

I am a failure so it will happen any day
 I didn't choose to be who I am
 Put your feet in my shoes and you'll see who I am
 I am not a thug because I live in the hood
 I have hopes and dreams to live a life that is good
 But don't hand me a ball or a mic,
 Thinking since I am black, that is all that I like
 I will not be limited by my color
 The content of my character is more to discover
 'Cause I can feel the allegory of the cave
 And make it relevant and spit the story of a slave
 'Cause I am destiny
 You speak to the worst, I speak to the best of me

Tearing Off Your Label

4 **Four steps to tearing off your label:**

- 1. Identify: How is your label working for you?**
 - What labels do you have that are getting in the way of your opportunities?
- 2. Do something different.**
 - What behavior needs to change?
 - What do you need to stop doing? (not working for you)
 - What do you need to start doing? (something new)
 - Remember: Same thing = Same results
- 3. Focus on your strengths.**
 - Project the label that you want.
- 4. Repeat what you are doing right.**
 - Remember: It takes time for others to see the change.

Every night, ask yourself:

- What did I do today to tear off the label?
- How can I do more of this tomorrow?

1 What is a label?

3 Permission to brag:

- What do you like about yourself?
- What do others like about you?
- Your accomplishments
- Your strengths, goals, and dreams
- If you were to give yourself a label, what would it be? (Must be positive)

2 Why is it easy to give up when you have a label? Are these ever an excuse?

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