



THE PLEDGE

Tom Robson © 2000

Music and lyrics written by Tom Robson in tribute to
The Hands & Words Are Not For Hurting Project's
Pledge to End Abuse, Violence & Suicide

Everybody's got times they feel angry
Everybody's knows what it means to explode
We all get scared when that feeling uncovers
But "I WILL NOT USE MY HANDS OR MY WORDS FOR HURTING MYSELF OR OTHERS ®"

We're all alike when it comes to feelings
Everybody feels the hurt and the pain
It can burn like a fire when you're hurt by another
But "I WILL NOT USE MY HANDS OR MY WORDS FOR HURTING MYSELF OR OTHERS ®"

Anger is a feeling, violence is a choice
Don't hurt with your hand, don't hurt with your voice
Make this pledge to the sons and daughters, to the sisters and brothers and
The mothers and fathers
"I WILL NOT USE MY HANDS OR MY WORDS FOR HURTING MYSELF OR OTHERS ®"

I place my hand on a purple paper
I trace my hand as a symbol of hope
One day we'll all be violence free
I pledge to you, you pledge to me
"I WILL NOT USE MY HANDS OR MY WORDS FOR HURTING MYSELF OR OTHERS ®"

Anger is feeling, violence is a choice
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