

Defense Mechanisms: Hip Hop

If your feelings get hurt or your face gets slapped
Only you choose how you react
You can lash out or use your tact
Don't let others choose how you act

How do you choose to defend yourself
When you're provoked by somebody else
Do you use hate to retaliate
Or do you show love and motivate
Yo how do you react when you're disrespected
Knocked down, put down, let down or rejected
Laughed at yelled at or mad at your parents
Maybe you made a mistake and you're embarrassed
Do you lash out and call people names
When you get caught confronted or blamed
When you lose a game do you go insane
Do you feel frustrated when pressures gain
Or do you choose to use a different defense
One to get you through these type of events
One that wont hurt you or your friends
We hope that's what you choose to use to defend

(CHORUS) (repeat)

What's up y'all it's Improv and I'm here to say
I'm not about to let someone else decide my day
Even when the kids push me as I play
They're just trying to be me what can I say
I want to push back that's how I react
But before I do that yo let me step back
I come down to their level when I act like that
If I keep my cool yo I stay where I'm at
Shoot you can do those cruel deeds if you want to
But I'm gonna bathe in the shade and just stay cool
The heat is not for me it wastes my energy
I'd rather concentrate on some positivity
See the truth is we're not that different
A couple days from now you might just be my friend
So I'm gonna choose the high road and be the bigger man
Stay strong with smile on my face that's the plan

(CHORUS) (repeat)

