

# The Truth Will Make Me Free

Fred Rogers  
Used with permission

What if I were very, very sad  
And all I did was smile?  
I wonder, after a while,  
What might become of my sadness?

What if I were very, very angry,  
And all I did was sit  
And never think about it?  
What might become of my anger?

Where would they go, and what would they do  
If I couldn't let them out?  
Maybe I'd fall, maybe get sick...  
Or doubt.

But what if I could know the truth  
And say just how I feel?  
I think I'd learn a lot that's real  
About freedom.

I'm learning to sing a sad song when I'm sad.  
I'm learning to say I'm angry when  
I'm very mad.  
I'm learning to shout,  
I'm getting it out,  
I'm happy, learning  
Exactly how I feel inside of me –  
I'm learning to know the truth –  
I'm learning to tell the truth –  
Discovering truth will make me free.