

Be Gentle With Yourself
by Griff Sanford
Dedicated to Dawn Davidson

(Capo 3, 4/4, gentle strum)

G Em G Em

Verse 1

G D
Be gentle with yourself, my friend
G Em Em7
Be gentle with yourself, to the end
Am7

You don't need to be so tough on you
Em

The world will understand

Am7 D G
Be gentle with yourself, my friend

Verse 2

Be kinder to yourself, you know?
Be kinder to yourself, let it go
You don't have to be so hard on you
The world will let it be
Be kinder to yourself, you know

CHORUS

Am7
Because the world is hard enough on us
Em
And hard enough on you
Am7 D
You don't need to make it harder still to be
Am7
The world will bring the troubles
Em
The world will bring the pain
Am7
You don't have to make it harder,
D
Don't you see?

Verse 3

Just give yourself some grace today
Just give yourself some grace anyway
The world will go on spinning
You don't have to do it all
Just give yourself some grace today

Verse 4

Go easy on yourself, you know?
Go easy on yourself, let it go
The world will still be waiting
You don't have to hurt so much
Go easy on yourself, you know

CHORUS

Verse 5

Be gentle with yourself, my friend
Be gentle with yourself to the end
Don't let the whole world get to you
It doesn't get a say
Am D Em Em7
Be gentle with yourself, my friend
Am D Em Em7
Be gentle with yourself, my friend
Am D G
Be gentle with yourself, my friend

G Em G Em G