shame is an irrevocable emotion
it is so much crueler than guilt

guilt is like the cold
it pierces into your skin
bites at your ears
moves your mouth in chatter
but eventually you can shroud yourself in warmth
and right your wrongs

but shame burns
everything hurts
you can't hide from it
only make it worse
you can't give it anyone else either
even when you try it reminds you
it's only yours
faithful and damning like the sun
life in the heat is misery
and there is no retreat
in the safest home it follows you
makes peace cold and warmth painful.