I hate the rules

why do I feel so sick inside, so mad at myself? And why do I want to take out my feelings on someone or something? Why am I so confused about what is right & what is wrong?

God; if my parents ever knew some of the things that go on in my head I think they would disown me
They taught me the rules
Don't steal, don't swear, don't answer back, don't be rude
And every time I break the rules I sin they say. i am guilty! I am wrong, I am bad
But sometimes I'm not so sure about the rules, or my parents, or the church, or being born, or me
i hate the rules because they are just rules.
they are like squares on the floor
like the circles of a target at the rifle range
like the lines running down a highway