

# My First Day

Haystak

Sometimes I write about something, that like something I went through  
Or something my people went through  
And I felt like they needed some motivational shit  
And it usually ends up going something like this...

My first day, without you in my life  
Things felt strange, a bit deranged  
Even so, I hope you're doin okay  
Take it slow, you just never know... ( just never know, oh!)  
Yo, you just never know... nooo (just never know, oh!)  
You just never know... nooo (just never know, oh!)

My systems caught in conniption, stomach in knots  
Feedin for my medicine, overcoming addiction  
The first step is quittin, nah the first steps admittin  
I got a problem, I need help, this is something I can't beat myself  
I almost felt like I can't be cured  
Rehab won't take me cuz I ain't insured  
Layin in the bath tub, shakin like a new born  
Searchin for the courage it'll take for me to move on  
I've been livin life like this way too long  
Beggin God please, bring me home  
I stopped before, three or four days  
Always end up back in the same place  
People call me a junkie, dope fiend  
How they gonna judge me, they don't even know me  
Lights off, wanna be left alone, I'm tryin to enjoy the methodone  
Put a Jimi Hendrix record on, and excuse me while I kiss the sky  
Dosed off, woke up, sick to my stomach, ran to the bathroom  
Started to vomit, the methodone wore off and the withdrawal started  
That first day was the hardest...

Stayed strong, endured the rough weather  
I ain't fully recovered but I'm doin much better  
I can keep my food down to shakes and calms  
They lowerin the doses of methodone  
I eat V's and blow lots of dro  
It's like chewin gum when you're tryin not to smoke  
Keep my mind occupied, calm my nerves  
It's not the same high, deep inside I...  
Just want one more but I can't turn back this week for it  
But I done made it, almost a month  
With just a couple of V's and I blew some blunts  
But that weed and gonna make me OD  
That other shit was gonna kill me  
Six weeks, and everything seem so clear  
Before I knew it, time flew and I was clean for a year  
Can't believe something started off socially  
Something I almost allowed to take over me  
Days went by and it was sixteen months  
And I swear to God I didn't fall off once  
I, feel like a brand new guy and I'm definetly livin a brand new life  
Some days I still resist the thirst but none's worst than the first (believe that)

Two years and I ain't touched it  
Got a lot done, I been so productive

Rebuilt, I was so constructive  
Can't believe I was so self destructive  
Got a good job and I make big bucks  
Went to the lot and got a new pick up  
Got a brand new crib and a brand new kid  
I think anybody can quit if I did  
If you wanna quit, get up and go get the shit  
Walk straight to the toilet, drop it, flush it, fuck it, fight it  
Just resist it and if this helps then just keep listenin  
When you start slippin I'll send you another one  
Sonny, wasup?, we just saved another one  
I know it's so hard like there's no God  
But through him you're able to go so far  
Hey, I don't wanna sound corny  
I'm just like you either hungry or horny  
Seems as though we get hooked so easily  
Quitting becomes an impossibility  
I ain't sayin treat your body like a church  
Just don't let dope put your body in a hearse  
The streets inside you, you just gotta search  
And know that no day be harder than the first

Yo, all my people, goin through they thing  
Whatever they thing may be  
Just know, God got his hands on you  
And he'll grant you the serenity  
To change the things you can't  
And you can change that, aight  
Hold me down and I'ma hold you down... one