I remember smoking just to feel some
Then I started poppin' I ain't talking bout no pills no
I was always starving then my plate was startna fill up
Started getting heavy wasn't ready for the meal tho
And I really let it get to me
Man I'm talking every night scared to die if I went to sleep
Saw my heart was pounding chest bouncing felt like I couldn't breathe
When I'm in that state of mind terrified so I never speak

Lotta people just got me misunderstood But if only they knew what's under the hood Of what drives this Always felt like it's clouds above me wherever I went And no one ever knew cause if hurt then I'm silent I turn my back lots of people I was tryna find Myself in all my growing years but music I would write Start reaching people globally say how I changed they life Thought I knew but didn't know that this could happen with a mic Fast forward 3 years look at me now I'm touring Lost within myself, but just the thrill kept me going I remember I would smoke every night after the show finished In the van then we on back on the road for more business Smoking only thing that let me go of what my souls feeing An all this time nobody knew that I was down bad I kept everything to myself I felt like an out cast Let me know if you ever felt like this cause I

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I always do that when I'm hurtin I don't say a word
But I'll make a song open up and now my family concerned
But then my homie hit me up said I'm the one you can call
I know your road is rough but I'm right here through it all
Grew a lil distant but I ain't cut you off
Just know I got your back I don't want you to feel lonely
That changed it all
Felt like a weight is off
My chest cause someone close reassured that I ain't alone
That small gesture the start of my next book
New beginning cause that last chapter had to be the last one

And we all live with regrets but we move forward from the shit Might be hard to let shit go but we ain't supposed to live with it Part of growth and we may fold but we ain't broken cant give in We stay strong up on ten toes because we know we gonna win We all in our heads but we know in the end That we gon' figure it out, it's part of the bigger plan But we can't get distracted now We felt what comes from our actions now

## Mmmm

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