

Therapy

As December Falls

Getting even, getting sad
Getting really fucking mad
When I should be over it

Venting words filled with rage
Spilling poison on the page
When I should be focusing

And once it's out, it feels like therapy
But all you get to see is the worst of me

It feels fine when I'm sleeping
But waking up just feels demeaning
And I hate the thought of feeling
Coz deep down I need some healing
Woah woah woah
Feels like therapy
Woah woah woah
Give me what I need, therapy

Is it you, is it me
No, I think it's everything
That's got me losing it

I wanna write how I feel
But then suddenly it's real
And I start to realise

That this is it this is therapy
And all you'll ever see is the worst of me

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