

# 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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But waking up just feels demeaning  
And I hate the thought of feeling  
Coz deep down I need some healing  
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