

(This is a safe space, you can speak
Go ahead, you can tell me about it
If it's peace of your mind what you seek
Then I think you should share your surroundings
You ain't turned up for the past two sessions
It's not gonna work if you're not telling
Sad about splitting apart I'm guessing
Thought about phoning or leaving a message)

First off, I don't really care about her like that
'Cause I got friends in a can doing laps
And I mean real friends that I grew up with
Went the wrong path, I'm a screw up kid
It's sad but it's true, I hate to admit
Oh yeah, better watch who you do it with
Do what? Do crime, do the stupidity
Cah the same friends turn to a snitch

Guys tryna nap man, rise and attack man
Jail wrestler, Vince McMahon
Dad passed, I was still that sad
Then latz pasted, it was that bad
Brain fucked, needing a cat scan
Black hand squeezing like afghans
She hid the pack in the kaftan
Shank in my hand, Hugh Jackman

(Least you got friends and families near
The healing process, it won't end here)
Throw a ring first, no headgear
(First step is addressing it dear)

Real life heartache, more than severe
TG in a box more than Amir
If I say biscy more, he'll appear
And I got demons, they won't disappear

Transferring jails
Whole life in bin bag on remand, time wouldn't tell
Limited time with my girl
I was tryna limit my time in a cell
I felt trapped
Clocks won't stop what say I felt that
Wouldn't grant bail if I do my bail app
She didn't love me and so I fell back
Bro moved to Brighton, Danny Welbeck

(This is a safe space, you can speak
Go ahead, you can tell me about it
If it's peace of your mind what you seek
Then I think you should share your surroundings
You ain't turned up for the past two sessions
It's not gonna work if you're not telling
Sad about splitting apart I'm guessing
Thought about phoning or leaving a message)