

Direct Message

Brye

I've got a DM sitting in my inbox from a teenage girl:
"I don't know if you'll ever even read this, but how in the world
Did you get better? I wanna get better too
You seem so confident, I wish I was like you"

And I don't know what to tell her, I'm not an expert
I don't have a cookie cutter answer, all I know for sure
Is one day it hit me, hating myself
Was probably gonna kill me, and I chose my health

It's been a long, long battle and a tough five years
It took a lot to dismantle and an endless amount of tears
But the more that I recover, it's easier to see
And when I look in the mirror, I think I actually like me

(When my thoughts get mean, what should I do?)
(I want to recover)
(When I gain weight, what should I do?)
Brye (The only thing I should be doing)
(I want to recover)
Hm-mmh, hm-mmh