

Little Things

Brye

Today I went outside
That's right, outside
I ate my breakfast in the sun

I've been eating full meals
That's right, full meals
I've been nourishing myself

It's the little things
That Build up
It's the baby steps
I try to take note of

My therapist says to
Surrender to change
And I feel myself changing
Every day

Nanananana nana
Nanananana nana
Nanananana nanana nanana

This year I made a friend
That's right, ONE friend
We hang out on my bedroom floor
We like to go on walks
We craft, we talk
Lately I don't feel so alone

It's the little things
That Build up
It's the baby steps
I try to take note of

My therapist says to
Surrender to pain
And I feel myself letting go
Every day

Nanananana nana
Nanananana nana
Nanananana nanana nanana

Nanananana nana
Nanananana nana
Nanananana nanana nanana

I can feel it
Something's changing
I'm sleeping better
I'm meditating

I can feel the
Progress raging
I'm working harder
I'm rearranging

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