

Rock Bottom

Caskey

This life, is one big lesson
Staring at my own reflection
God put me here to spread
This message

You can do it and you gotta
Where would we be without these problems
That voice inside you gotta follow
Only way is up when you down at the rock bottom

I done seen some things
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Stuck inside my own ways and the pain hard to rearrange
Hurt people hurt people probably what my pops would need to say
Always been the Black Sheep, for the flock I'ma lead the way
Okay the pressure is on and it's gettin' exhausting
I'm Irish, I feel like the luck should be on my side but I ain't playing for
Boston
Your homie was needing you
You wasn't nowhere to be found and that's why you lost him
We used to vacay in Charleston
Shoutout my lil' homie Austin
He took the drugs ain't know what it would cost him
I done lost people I love in the most horrific ways
Fentanyl inside pills, gunshots, car accidents, things that couldn't say
Then when you go to sleep
See 'em inside of your dreams and then you can't look away
So gambling with my own life is a game that I couldn't play
Yeah (Yeah)

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To the ones I love I know you can do it even though you struggle to maintain
There's so many people to look to for inspiration cause they went through the
same thing
You stuck in the comfort zone and I understand cause we beings that hate change
But there's greater things on the other side when you make it through great
pain
And I'm an example of it
You get a glimpse of the light when the candle is lit
On a throne where you could sit
Even though devils are pulling you into a pit
You gotta get out of the grips and run to the change that give you a reason
to live
You made it up out of the winter, you a holy sinner and now it's the season
to give
Pour your success into others
If you got some wisdom you gotta give it to your brothers

We all got the same struggles
Even though sometimes it feel like we at war with each other
You only at war with yourself
And every wound is one that you can recover
The game is still one to be played with all your heart
'Till you hear the sound of the buzzer

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(Yeah)

Straight up
Our pain is our gift
It's just about how you channel that energy, you know
The thing about addiction is that-
When you're in the midst of it, everything is about you
It's about your pleasures, your vices
And the real gift is to take that pain and channel it
In a way that builds you up so you can build everyone around you
Use it for a positive
Only way is up when you at the rock bottom