

Something More

Defences

I heard once grief turns to anger it never goes away
No choice but to believe that this isn't the case

I'm reaching out, I'll take the steps
This is just how I've always dealt
I push it down
I'll admit I'm scared to let someone dig around
And it'll hurt me now, but I'll heal somehow

When did this become the new normal?
I am filled up with so much rage
Tell me it's not too late for me to change
Didn't wanna be this way

This cycle needs to break
So what will it take?
Please show me the way

When did this become my normal?
I am filled with so much rage
Tell me it's not too late for me to change
Never wanted to end up this way

Yeah, yeah

I've spent so much time alone
I forgot that there could be more (Could be more)
Help me to rationalise, to compartmentalize
I'm ready for the pain to be gone

Show me there's something more
Show us there's something more
Help me to rationalise, to compartmentalize
It's time for the pain to be gone

Show me the way

When did this become my normal?
I am filled with so much rage
Tell me it's not too late for me to change
Never wanted to end up this way

If I don't have time for anyone these days
I'll make the time to find out why

I know it'll be tough
And I'll wanna give up
But something's gotta give
'Cause this isn't enough

It isn't enough
No it's not enough

I know it'll be tough
And I'll wanna give up
But something's gotta give
'Cause this isn't enough

With what little faith I have left

When did this become my normal?

I am filled with so much rage

Tell me it's not too late

Never wanted to end up this way

When did this become our normal?

We are filled with so much rage

I swear it's not too late (Too late)

Stay together and we'll find our way