

# Triggered

Dizzy Wright

Compliments of Chef Boyardee

When something don't go right, we all get triggered (We all get triggered)  
Life is worth living, please take your hand off that trigger (Please)  
No one is perfect, take chances, we all contenders (No one)  
Life can dark, just remember the light is in us (Amen)  
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Rest in peace to the homies, wish I would've checked up on you  
I'm glad the pain stopped [?] in the corner  
Dealing with shit we don't explain  
Finding things that X out our pain  
Wake up, everything still remains  
Got friends but I feel like a loner  
Can't tell but it's easy to hide  
Can't [?] your purpose  
So it hurt when they can't see what's inside  
Hard to decide whether it's you or if it's built off of lies  
Then I open my eyes and I realize how many have died from suicide  
Now I wanna shed some light  
You get caught up in the moment, I know in the future looking bright  
But you the only one looking every day so you start losing sight  
Life is more than a game of dice, taking a gamble  
But we still gotta try to channel the good advice  
No one is perfect  
The older version of you'd probably tell you it's not worth it  
Don't let that hurt drag you down, keep on soul searching  
Happiness will come, it takes some time and you deserve it  
I hear you loud and clear and now I'm here, I understand

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Focus on your wellness, you won't owe no one forgiveness  
Love yourself 'cause anything else could be seen as an illness  
[?] growth is human, that's your layers that you see peeling  
Truth be told, there's too much you could learn before you end it  
Tired of struggling, yo I understand that life's expensive  
The world is confused and corrupted, you wanna convince me  
I get the message but you lost faith in life being precious  
Take five steps and get knocked back ten and then feel rejected  
Your family issues sweep into your mind then get projected  
Make you feel that's the reason all your relationships is hectic  
I'm invested, your frustration is understood  
If you could stop it I know you would  
Now I've checked and made sure you good  
Pace yourself, nowhere to run sometimes you gotta face yourself  
It's okay to make mistakes but it's not okay to hate yourself

Don't play yourself, give yourself some time  
[?] creates that understanding, let them inner pieces shine  
Let me say what's on my mind

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