

## trust exercises

easy life

Focus on the good things  
I hope the weather holds up, I hope I pull the heartstrings  
Where you at? Where you hiding?  
Focus on the real things  
'Cause all my greatest heroes disappear into the air  
Just like these smoke rings  
But, trust me, you can handle these damages

And I called her up and told her  
To be extra  
Careful around the people that she loves, the people who affect her  
Told her  
We need exercise and trust  
I don't want nothing except to protect her  
Such a brief conversation  
So much anticipation  
Walking home from the station, such an awkward equation  
Told her  
To be extra  
Careful around those she loves, yeah

Open up, you know you're family  
This is a trust exercise, you can fall back on me  
Don't stress, how bad can it be?  
This is a trust exercise, you can fall back on me

And way back when we used to rock the Nikes with the hand-me-downs  
Burn holes in all our favourite clothes, your mama's not around  
I hope you keep your head in the clouds  
Then maybe you could cope with these damages

And I called her up and told her  
To be extra  
Careful around the people that she loves, the people who affect her  
The voices inside of your head just don't listen  
'Cause they're tryna test ya  
This isn't a test run, I've been here since day one

Open up, you know you're family  
This is a trust exercise, you can fall back on me  
(This isn't a test run)  
Don't stress, how bad can it be?  
This is a trust exercise, you can fall back on me  
(This isn't a test run)  
You can fall back on me

Back when all our problems were not problems  
Back when we would medicate till we forgot them  
And everything in good faith now  
Back when you could reach me on the landline  
01509, grandma put it down  
Get me through this sad time  
Everything in good faith

Open up, you know you're family  
This is a trust exercise, you can fall back on me  
Don't stress, how bad can it be?

This is a trust exercise, you can fall back on me  
You can fall back on me