

## 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