

Process

H.E.R.

Uh

Ayy, ayy, ayy, ayy

I'm just tryin' to process what just happened
I'm just tryin' to express what I'm feeling
When the pressure gets too intense, burn some incense
Stop and take a deep breath, release it

Holdin' it back like a slingshot, ayy
Holdin' it back like hair ties, ayy
Pullin' my shirt, just let me go, oh
Cloggin' the drip, stoppin' the flow

You already know what time it is, don't need a Rolex
Do you see the signs? Tell me do I need to protest
All your old ways keep on slowin' up the progress
Got me losin' nights, guess I'm goin' through the process (Yeah, yeah)
I got some things that I gotta get off my chest
Screamin' through the phone like we tryna have a contest
All your old ways keep on slowin' up the progress
Got me losin' nights, guess I'm goin' through the process

Pushin' all my buttons, teardrop hunting
Say I'm off the deep end, yeah, right, you reachin'

Uh, you better stop, you better not, ayy
I'm 'bout to pop like rimshot, ayy
Pullin' my strings, just let me go, oh
I'm 'bout to trip, I'm 'bout to blow

You already know what time it is, don't need a Rolex (Oh)
Do you see the sign? Tell me do I need to protest
All your old ways keep on slowin' up the progress
Got me losin' nights, guess I'm goin' through the process
I got some things that I gotta get off my chest
Screamin' through the phone like we tryna have a contest (Yeah)
All your old ways keep on slowin' up the progress
Got me losin' nights, guess I'm goin' through the process

Yeah, yeah
Hey, hey
It's a process
Oh, babe
Yeah
Oh-oh, hey, hey
Yeah
Oh-oh, yeah
Oh-oh
Oh
Hee-hee, yeah
Oh-oh
Oh-oh, babe
It's a process (Baby, baby)
Yeah
Oh-oh
Oh-oh
Oh-oh
Oh-oh