

Trauma

H.E.R.

(Hit-Boy)

Na, na-na, na, na, na
Na, na, na-na, na
Na, na, na, oh
Na, na-na, na, na, na

Public perception is often deception, uh
I think somebody needs to tell the truth, yeah
Killin' my ego through my self-reflection, uh
Somethin' that we all fail to do, hmm
Why does compassion get treated as weakness?
Yeah, what is the world really comin' to?
Uh, why is my empathy often misleadin'?
Yeah, how you interpret that is up to you

So many things (So many things)
Why I let it get to me? (Yeah)
Like I know everything (Like I know everything)
When I don't know anything, yeah
Why overthink?
Think I need a drink
I just need to chill, maybe I need a shrink
Need to hear 'em preach, and some inner peace
I'm always in a mood, think I just need some sleep
Ayy, ayy

Tellin' myself, I'm a mess (Mess)
I blame it all on my ex
Homie, it's just as good as it gets
It's just as good as it gets

I don't want the drama from the trauma
Bad energy, it's the problem
I take it personal, I ain't perfect though
But it hurts, you know? That make it worse, you know?
And the drama from the trauma
It's bad energy, it's the problem
When I take it personal, I'll be the first to blow
And it's worse, you know? Is it worth it though?
No, no, oh, no
Is it worth it though? I don't know, I don't know
Is it worth it?

Don't know how to act (Don't know how to act)
When I can't handle that (When I can't handle that)
I'm stressin' the petty things (I'm stressin' the petty things)
How you see it is everything (How you see it is everything), yeah
I made a bunch of figures, got a bunch of triggers
When it come to pictures, I don't see a bigger that'll hold me back (That'll
hold me back)
When I know the facts, yeah, ayy, oh

Uh, why I still can't live with that?
Why do I live in the past only?
Worried about where they at (Oh, yeah)
When I don't know where I'm goin'

I don't want the drama from the trauma
Bad energy, it's the problem
I take it personal, I ain't perfect though
But it hurts, you know? That make it worse, you know?
And the drama from the trauma
It's bad energy, it's the problem
When I take it personal, I'll be the first to blow
Makin' it worse, you know? Is it worth it though?
Is it worth it?
Uh, is it worth it though? Is it?
Yeah, ayy (Worth it)

Uh, was it worth it?
I guess that is the question to ask
My worst behavior is the shit that I left in the past
The first impressions are important, perception is vague
The doubt was needed for a nigga to step in his bag
But really though, how long you thought your deception would last?
You really loosin' every ounce of respect that I had for ya
This honesty is quite a disorder
The same reason I just fired my lawyer
Enlighten my vision from writtens, parasitic absorbers
Energy drainers, the vibes that I get from reporters
Disappointed lookin' at the way these niggas was brought up
That get you caught up in a situation, with different places you never thought of
This world slaughters, your weak will and kind-hearted
My mind audits, creative ideas that define artists
And plus I speak my mind, that makes me a prime target
But I'd rather start speakin', no beefin' 'cause

I don't want no drama from the trauma
Bad energy, it's the problem
I take it personal, I ain't perfect though
But it hurts, you know? That make it worse, you know?
And the drama from the trauma
It's bad energy, it's the problem
When I take it personal, I'll be the first to blow
And it's worse, you know? Is it worth it though?
Is it worth it?
Uh, is it worth it though? Is it?
Yeah, ayy (Worth it)

Worth it (I don't know)
Is it worth it? I don't know
It's worth it? I don't know
I said, "I don't know", uh
I don't know