When I'm in my darkest place
I must be careful not to dwell there
When I'm headed for the ditch
I must be careful not to sleep there
While I might enjoy the peace
There are other lights that call me
And although I'm out of the race
I know that something good must befall me

And when I'm swimming out of my depth And I can barely see the crest of a wave That might destroy me

I must look for what I can't see
I must reach for what doesn't touch me
I must leave my lonely space
And make time my only enemy
I must seek what can't be bought
And make choices that support me
And the friends who fall apart
From the crumbling walls that divide me

And I can barely see the crest of a wave That might engulf me

Then I'm in my darkest room
But I'm careful not to enjoy it
All too much, but as I leave
It will be helpful to have endured it
I must be careful not to trip
Not to fall as I continue
But my darkest place is in me
And there's something there that calls me