

# Understood

Leith Ross

I'll visit my family  
To give muscle memory a break  
Cause I've been learning since I was a baby  
To take on their pain

I'll visit my family  
In living rooms that don't get cold  
Cause blankets and body heat can't be compared  
When it only took you a week to grow old

Love can be understood  
I'm sick of attachments I recently learned  
I can't relax, and I'm scared of myself  
I'm scared for my health  
Tell me you'll take me back home

Old friends are precious  
But once, all your old friends were new  
It takes years of tense shoulders  
When growing a person into something that you're used to

I'm sick of the feeling  
That nothing will ever stand still  
I wish I could stop

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I'm scared for my health  
Tell me you'll take me back home

When I get sad, I go back to my grandmother's house  
And picture my mother putting on her wedding dress  
Posing beside the same couch  
That I am lying on  
It helps to remember I took generations to make

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