

# Therapy

Little Simz

I've got used to spendin' my time alone  
They ask me when I'm comin' home  
My system on overload but money is on the phone  
Adjustin' to different zones  
It's hardest to be composed  
Drama with my nigga and he ain't strikin' the proper tone  
I say, "Who you think you are?"  
Hung up, picked up the keys, then drove to the bar  
Had a couple drinks, forgot where I parked  
Ended at a bench gazin' at stars  
Envisionin' what life would be  
If I had lived out on Mars, never a chance  
Afraid of the dark, afraid of the past  
Afraid of the answers to questions I never asked  
They will tell me to count my blessings, I'm countin' fast  
Seein' people's true colors and the fakers fadin' at last  
I don't even know why I invest in the time comin' to therapy  
There's nothin' you can tell me that will help me  
I do not believe that you've got it all figured out  
Now let's take a break, need some fresh air and a snout  
But I just might be out

Not today  
I don't need  
No, no, no, no, no, I don't need savin'  
Therapy  
No therapy  
Therapy

Don't follow any laws, I got many flaws  
Had so many great opportunities, many doors  
That's what happens when they put you on so many tours  
But there's no sleep, blunts get lit, Henny pours  
Then he calls, know he wants to have a heavy talk  
I leave the country without givin' it any thought  
But why the fuck I'm on this couch spillin' my heart out?  
More high blood pressure you've already caused  
I'll abort and go back to my reality, don't be mad at me  
Your friend told me you're the best, apparently  
I see the way you look at me like I'm some sort of charity  
Only reason I come here is so I can get some clarity  
And it didn't work  
It was never worth it, a gift and a curse  
Still an introvert, still my feelings hurt

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Therapy

Not today  
No, no, no, no, no, I don't need savin'  
I don't need  
No, no, no, no, no, I don't need help  
Therapy

No therapy  
Therapy

And you will never know what it is you need until you need it  
Know that I'm in need of bein' free enough to free this  
Yo, you raised a star, mommy, still can not believe this  
I can relate to you man, he broke my heart to pieces  
Sometimes we do not see the fuckery until we're out of it  
Some people read The Alchemist and still never amount to shit  
We live in a society of frauds and counterfeits  
People are dyin', give a fuck about makin' some hits  
Probably shouldn't say that out loud, but I did  
And sometimes I just wanna dip  
Buy some land, raise my kids  
Teach my daughter about the wonders of the world, I'm convinced  
If she's anything like me, I'm raisin' a king