

Treat Yourself

New Found Glory

All you hear is how everyone hates this world
But what other options do they got?
Hold close to the ones you know that you can rely on
Leave the ones that hold you back to learn
They throw shade on your sunshine
Always remember, you beat your past
You're stronger than you think

You gotta try
Do what it takes
To give yourself a break
You gotta try
Get off your own case
And give yourself a break

This verse is here to say I'm well-versed in losing
Filling a void with useless things
Useless things
I'll no longer turn away from the shame and the bruising
There'll always be a finger pointing blame
They throw shade on your sunshine
Never forget the hills you climbed
You're braver than you think

You gotta try
Do what it takes
To give yourself a break
You gotta try
Get off your own case
And give yourself a break
Whoa-oh, give yourself a break
Whoa-oh, give yourself a break

Swimming in your own tears
Your legs can only tread for so long
Kick open a new door
Or maybe get some fire from this song

Whoa-oh, give yourself a break
Whoa-oh, give yourself a break

You gotta try
Do what it takes
To give yourself a break
You gotta try
Get off your own case
And give yourself a break

Whoa-oh, give yourself a break
Whoa-oh, you gotta give yourself, give yourself a break