

## Trauma

NF

Say you're there when I feel helpless  
If that's true, why don't you help me?  
It's my fault, I know I'm selfish  
Stand alone, my soul is jealous  
It wants love, but I reject it  
Trade my joy for my protection

Grab my hand, I'm drowning  
I feel my heart pounding  
Why haven't you found me yet?  
I hold you so proudly  
Traumas, they surround me  
I wish you'd just love me back

Say you're here, but I don't feel it  
Give me peace, but then you steal it  
Watch them laugh at all my secrets  
Scream and yell, but I feel speechless  
Ask for help, you call it weakness  
Lied and promised me my freedom

Grab my hand, I'm drowning  
I feel my heart pounding  
Why haven't you found me yet?  
I hold you so proudly  
Traumas, they surround me  
I wish you'd just love me back

Grab my hand, I'm drowning  
I feel my heart pounding  
Why haven't you found me yet?