

# Dear Self

## Nine Lashes

You and I  
Need to call out for help  
Cause we've wandered too far out to sea  
I'm alright  
I keep telling myself  
But I'm finding it hard to believe

I try to wait it out, wait it out  
But you're down in the lungs  
And it's harder to breathe

I'll never make it out, make it out  
With all the terrible questions  
You're throwing at me

Dear self  
You are the heaviness in my chest (in my chest)  
Dear self  
You are the weariness in my breath (in my breath)

For all the times you took control  
And all the years of mine you stole  
The day has come to let you go  
Dear Self

It is I  
That's been holding me down  
But I'm finally able to see  
I'm alright  
There may be scars on the chest  
But it's holding a heart with a beat

I try to wait it out, wait it out  
But you're down in the lungs  
And it's harder to breathe

I'll never make it out, make it out  
With all the terrible questions  
You're throwing at me

Dear self  
You are the heaviness in my chest (in my chest)  
Dear self  
You are the weariness in my breath (in my breath)

For all the times you took control  
And all the years of mine you stole  
The day has come to let you go

Now I'm finally falling  
Into the waves of the unknown  
I've left you far behind me  
For the grace I now call home  
Find me finally falling  
This place is now my home

Dear self

You are the heaviness in my chest (in my chest)  
Dear self  
You are the weariness in my breath (in my breath)

For all the times you took control  
And all the years of mine you stole  
The day has come to let you go  
Dear Self (You're gone)

For all the times you took control  
And all the years of mine you stole  
The day has come to let you go