I'm Not Okay But I Know I'm Going To Be

Raleigh Ritchie

I'm not okay, but I know I'm gonna be
You don't need to ask me why, I just know I'll be alright
I've got a life, laid out in front of me
That I can't take away, it's just the rain
There'll be brighter days

I'm not okay, but I know I'm gonna be
I may have lost my way again but I'll get there in the end
Been through the lowest lows and the highest highs
The sweet hello's and the sad goodbyes
I'll let it out, if I need to cry
'Cause I'll make it out the other side

I just know, I just know, oh
I just know, know, know, know, know

I'm not okay, but I know I'm gunna be
'Cause I'm a person, not an island, so I search for the horizon
I can see it, right in front of me but I need to start at the beginning
Fight with the tide and keep swimming

I'm winning when I see life's an ocean, through the motions
Hard to ride the waves
I see in black and white, but I guess I was colourblind

Fuck hangovers, I'll try yoga
Let my body break
Oh, it's a sacrifice, but I know there's paradise on the other side

I just know, I just know
I just know, know, know, know, know

Oh, I lost my way again
I'll get there in the end
I lost my way again
I'll get there in the end
Oh, I lost my way again
I'll get there in the end
I lost my way again
I'll get there in the
Oh, I lost my way again
I'll get there in the end
I lost my way again
I'll get there in the end

I have good days and bad days
Can't days and can days
Boy days and man days
These days and them days
Butch days and femme days
Mondays and Wednesdays
Junk days and health days
I hate myself days
More days and less days
Head, back and neck pain
Stones in my chest days
No one said it would be easy

But I need to try

In the daylight, tears dry
Even when it hurts, inside
I'll just take one day at a time

I'm not okay
But I know I'm gonna be alright

But I need to try

In the daylight, tears dry
Even when it hurts, inside
I'll just take one day at a time