

Welcome, welcome
Make yourself at home and take a seat
I'll be your host for the next hour
So get as comfy as can be
I'll do my best to tell you this story
I mean it is a story about me
About how I came up
And fell down, and then, I found peace

To set the scene
I arrived age 17 and didn't know nothing
But I kept my ears open, took it in
I was always listening
I told the world who I was
Fast forward two years
Two albums out, I wish I didn't say so much
But I can't take it back now
So, growing up in public wasn't great
No, but I wouldn't ever trade it in for a life less insane
The higher the highs, the lower the lows
But I'd rather have extremes than have a boring life, you know?
And even in my darkest hour, I remembered why I'm here
Never said what I was truly feeling till it weighed the most, for many years
Now I'd say, when your life changes, you should pipe up, maybe sit down
Speak to someone you can spend the time with
I mean I don't know, that's what I did
The therapist knows who I really am
They know me just as well as someone can
There's nothing in the world they're expecting of me
I'm simply here to speak
And nothing can surprise them now
I turn up and I let it all out
There's no one in the world that they need me to be
So I'll be myself and we'll see

2023 and I'm going in
I checked myself in age 22 and no, I don't regret a thing
I wanna say thank you to my family for always putting up with things
And a big shout out to Steve and Linda, for taking me under their wing and taking time
And the same goes to Damian, who pulled me out the grave and showed me how to live this life
And whatever comes my way
I'll practise every day, just give me sixty minutes, once a week, and little bit of space
Soon, I'll be in a better place
Watch this

I'm not saying it's the only way but shit, I couldn't do it on my own
New year, new me yeah yeah, this time I'm really in the zone
Everyone's just searching for someone to be in love with
And tryna find the thing they love to do, that can also maybe bring the bread in
Everybody has a stage these days, anyone can entertain
We all need a bit of validation and that's OK
All I really want, is to feel at peace and to find my place
Hey, maybe it's just an endless search

Alone here on this earth and if so, that's OK

I wouldn't be here now if I'd failed
To take the time to care for myself
I never thought that things would get as bad as they were
I recharged and returned
And if you're sick of going through hell
Just know, that I've been right there as well
It always goes away after time passes by
So stick around and try