

Are You Really Okay?

Sleep Token

I raised you in the dark
Caught you reading by the sunrise
You wandered from the path
Through the silence of the hillside

And don't you know I could see it in you even then?
And don't you know I was trying to hold back the darkness?

And are you really okay?
Are you really okay?

You woke me up one night
Dripping crimson on the carpet
I saw it in your eyes
Cutting deeper than the scars could run

And don't you know I could see it in you even now?
And don't you know I want to help you but I don't know how

And are you really okay?
Yeah, yeah
Are you really okay?

And I, I cannot fix your wounds this time
But I, I don't believe you when you tell me you are fine

Please don't hurt yourself again
Just please don't hurt yourself again
Please don't hurt yourself again
Please don't hurt yourself again