Days I Hate Myself

Take That

Just another night feeling lost
Peace is hard to find but never forgot
Just lying underneath the stars
My feet stand on Earth
My head's on Mars

Just day dreaming
To find your heart took way too long
All of the pain leaving
Counting my blessings one by one

You pick me up
You hold me high
Show me the ladder
Up to the sky
Forever strong
Always a shoulder
My call for help
The days I hate myself
You speak the words
I need to hear
Yeah, it always works
You lift me up
But catch me falling
Save me from Hell
The days I hate my—, hate my—, hate myself

Just another wave of feeling scared
I've tried to breathe it out but got nowhere
Looking out, the horizon's clear
Thought we were in a crowd
But there's only us here

My mind's racing
Imagining a different view
As we watch the Sun fading
It all comes down, comes down to you

You pick me up
You hold me high
Show me the ladder
Up to the sky
Forever strong
Always a shoulder
My call for help
The days I hate myself
You speak the words
I need to hear
Yeah, it always works
You lift me up
But catch me falling
Save me from Hell
The days I hate my—, hate my—, hate myself

No, you never give up
Or fall to the ground
But you make me believe

When I don't like what I see

You pick me up
You hold me high
Show me the ladder
Up to the sky
Forever strong
Always a shoulder
My call for help
The days I hate myself
The days I need some help
When I can't stand my reflection
You save me from that Hell
The days I hate my—, hate my—, hate myself

Show me the ladder
Up to the sky
Forever strong
Always a shoulder
My call for help
The days I hate myself
You speak the words
I need to hear
Yeah, it always works
You lift me up
But catch me falling
Save me from Hell
The days I hate my—, hate my—, hate myself

Just another night
Feeling lost
Peace is hard to find
Never forgot