

Reflections

Timomatic

When I wake, I look into the mirror
I don't like what I see
Broken pieces floating everywhere
How could this be me? No

I can't find my peace
As the waves crash over me
Run out of all excuses in my head
I look up and say

It's time to learn to talk to myself
Holding back the truth that I need help
Staring down the demons in my eyes
These tears I cry
Reflections, reflections

I'm a prisoner by my own design
Sleeping all this time in my bed of lies
Tryna dream away the darkness in my mind
I'm asking why

I can't find my peace
As the waves crash over me
Run out of all excuses in my head
There's no other way

It's time to learn to talk to myself
Holding back the truth that I need help
Staring down the demons in my eyes
These tears I cry
It's time to learn to love from within
Tearing up the chains on my skin
Letting go of fear and my shame
Give this pain away
Reflections, reflections

Said I won't turn away no more
No more, no more
(I won't turn away)
Said I won't turn away no more
(No more, no more)
No more (no more, no), no more (yeah)
As I wake, I walk up to the mirror, hey

It's time to learn to talk to myself (ay)
Holding back the truth that I need help (oh, I need)
Staring down the demons in my eyes
These tears I cry
It's time to learn to love from within
Tearing up the chains on my skin
Letting go of fear and my shame (and my shame)
Give this pain (give this pain) away
Reflections, reflections