

I've been hiding from the monster under my bed  
I've been scared of the creatures inside my head  
I've been overthinking everything that I have said

I've been longing for someone to lean on  
I've been waiting for this longing to be gone  
I've been scared

I've fallen too far  
That I can't wake up from this  
Dream that I am lost  
When really I am safe at home  
With my parents and my dog  
So why do I feel like, why do I feel like I cannot go on

Sometimes I get so caught up in  
All the small and irrelevant little things  
That keep me up at night

I need to retrain my brain  
To focus on flowers and the rain  
And the stars above my head

I've fallen too far  
That I can't wake up from this  
Dream that I am lost  
When really I am safe at home  
With my parents and my dog  
So why do I feel like, why do I feel like I cannot go on

I know that there's still a light above  
I think I just need to give myself a little love  
Because I am enough.