

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.