**Dedication**

**I Just want To Say Thank You To My Grandfather for helping show me how to write. I also wanted to Thank Him for always help encourage me to keep writing. I Love You a lot. Thanks for your sweeter than sweet advice and you loving heart. Thanks for being the man and person you are. I’m blessed to call you family.**

**Table Of Contents**

**Dedication………………1**

**Table of Contents……2**

**Dear Fear………………..3**

**Reality…………………….4**

**Hero……………………….5**

**1st Degree……………….7**

**Mirror…………………….8**

**Real Life Problems…10**

**Darkness……………….16**

**Sad Days……………….17**

**Table of Contents**

**It's A Struggle…………..19**

**Disappear……………………..20**

**I Miss The Days………..21**

**Survival….………………..22**

**Let’s Run Together………..23**

**To The Church……………….25**

**Enough Is Enough………….26**

**Lonely Road………………….27**

**Questions……………………..30**

**Please Still Believe In Me..31**

**Love In Similes…………33**

**New Year, Same Life….34**

**You’ll Be Fine…………….34**

**I Just Need A Moment To Myself…………………….35**

Dear Fear

Dear fear I know that you're near   
  
So let's have a talk   
  
While your are here   
  
fear don't Own me   
  
I know we will not agree   
  
I'm tired of living life on edge   
  
I feel like I'm going fall off the ledge   
  
I scared of being hurt by people   
  
(Fear) what a fighter afraid of the fight   
  
How stupid is that   
  
Your scared of the future   
  
Are going to miss your at bat   
  
I fear relationships   
  
Because I watch these trust issues eat me alive   
  
(Fear) at the rate your going they will still be when you die   
  
I've buried my issues   
  
But there still alive   
  
Deep down inside   
  
(Fear) you say why fear   
  
What a stupid question   
  
You let me win   
  
You can't get rid of  of me now   
  
I'm tried of dying because   
  
of all your lying   
  
This is my battle cry   
  
Fear you don't own me   
  
I will not be put in prison by you   
  
But your not a part of my crew   
  
So I'm the one that will win   
  
this fight Tonight   
  
  
Reality   
What the point of living when you have no one to live with   
  
What the point of breathing when you can't breathe in   
  
What the point of seeing when you can't see    
  
What the purpose of living without a purpose   
  
What is my purpose?   
  
These are the things I ask my self every day   
  
And I have to admit that I  should know by now    
  
But don't judge me because we all struggle   
  
Perfect people do exist   
  
So don't pretend to be one   
  
We waste a lot time complaining    
  
Cristian does mean I'm perfect   
  
I'm not going to pretend I got it all together   
  
The only person I judge is the one in the mirror   
  
And lately they aren't not been doing well   
  
Say I'm looking for heaven   
  
But heading for hell   
  
If I ever make it I will have proved you wrong family    
  
If I ever I will give back to my family   
  
I don't do to be a sequel   
  
I do for the people   
  
When I am free like an eagle   
  
I do all legal    
  
I have a dream to prove people wrong   
  
By making my songs    
  
I have anger   
  
I put on the paper   
  
This is just the reality of living in my brain   
  
Hero

Your beautiful  
Your beautiful  
You can be your own hero  
Your not your past   
Because it will not last  
Your not your parents  
Your not mistakes  
You don't have to break  
You can be great  
There is more at stake  
Because you can be your Own hero   
  
Your can be your own hero  
You can start over   
Start clean and fresh   
It time to refresh   
Stop living in your mistakes  
Give yourself a break  
You have to love yourself  
Like from above   
  
You can be your own hero  
Your not your past   
Because it will not last  
Your not your parents  
Your not mistakes  
You don't have to break  
You can be great  
There more at stake  
Because you can be your Own hero   
  
You don't have to do it yourself  
You can ask someone else  
Don't put up a wall  
Stand tall  
You don't have to brawl   
Don't let it get big keep it small  
You can do you, just have to believe  
You can be relieved   
  
You can be your owen hero  
Your not your past   
Because it will not last  
Your not your parents  
Your not mistakes  
You don't have to break  
You can be great  
There more at stake  
Because you can be your Owen hero   
  
Do it for you  
Try to not stay out for the count  
Don't doubt yourself  
Ask for help  
You will be well one day  
don't sell your real self  
Be your best you and,  
you will make it out of your blues   
  
You are your Owen hero   
Because your something beautiful  
And special  
And just believe in yourself

1st Degree

I'm guilty of 1st degree   
  
I know you will not agree   
  
You will say I was to young to see   
  
But just let me give my spill   
  
The way I kill is different    
  
I always been a let down   
  
I should be in a jail cell   
  
I would go to hell and back   
  
Just to get my momma back   
  
You didn't have the money for the bills   
  
But instead you paid for the pills   
  
You choose drugs   
  
And I just wanted hugs   
  
Them pills that killed   
  
Have made me a villain   
  
In for the Killing   
  
That changed me    
  
I miss you for real   
  
This is just how I feel   
  
Your gone and all I want to say bye   
  
But it is killing me inside   
  
I become paralyzed   
  
I become numb   
  
I feel dumb    
  
I just wish I could be with you   
  
I just wish you were here   
  
I would tell you don't have to die tonight   
  
And lose the fight by suicide  
all you got   
  
Is me contemplating my own life   
  
  
I love you to mom   
  
Mirror   
When I look in the mirror   
  
I see a reflection of me   
  
Of someone I was scared to be   
  
But it became a reality   
  
I dwell on me   
  
That is hell   
  
I'm not doing well   
  
The hate you could ever give me   
  
Is less then I will ever give myself   
  
When I look in the mirror I see someone   
  
That needs help   
  
I see that I'm struggling   
  
I look sad in the mirror   
  
That's makes me mad   
  
I don’t like what I see   
  
I dislike the image I see   
  
The mirror  does not help me feel free   
  
The mirror will agree   
  
The person I see is lost at sea   
  
The person I have to see likes rhyming   
  
And is sadly dying   
  
The person I see in the mirror   
  
Is a image I don't like to see   
  
The image is more than my face   
  
Or how my body looks   
  
It is of what is on the inside   
  
Put on a smile   
  
To make sure things seem  I'm fine   
  
The image I see is sad   
  
The image I see is angry   
  
The image needs help   
  
I don't like what I have to see   
  
In the mirror   
  
Real Life Problems

Look at today's economy   
  
We're low on money   
  
It is not funny   
  
People don't have money for Bills   
  
But so many people are addicted to pills   
  
Everyone is on a short leash   
  
We all need some peace   
  
But I don't know why we have to fight   
  
No tomorrow no time to waste   
  
There's got to be a better way   
  
I could run away tonight   
  
Please don't leave me behind   
  
I could run a thousand miles   
  
If I could take the pain away   
  
I'd show you the way for a brighter day   
  
I'd show you the way to the light of day   
  
That I'm not afraid of being in the grave   
  
I just pray for peace   
  
On my knees   
  
Countries are battling in civil war   
  
But not for a score   
  
Now look at how we have a  political rally   
  
I wish I could say it's just a dally   
  
Refugee camp full   
  
And countries are not being helpful   
  
In some place slavery is still allowed   
  
But I don't know why we have to fight   
  
No tomorrow no time to waste   
  
There's got to be a better way   
  
I could run away tonight   
  
Please don't leave me behind   
  
I could run a thousand miles   
  
If I could take the pain away   
  
I'd show you the way for a brighter day   
  
I'd show you the way to the light of day   
  
That I'm not afraid of being in the grave   
  
I just pray for peace   
  
On my knees   
  
Telling people to keep their head up   
  
With them not knowing what Road is ahead   
  
Passing by seeing people dead   
  
People who have fled now with no bed   
  
no longer have their own  home   
  
Their brave fighters fighting for freedom for peace   
  
Having grief from war   
  
Have bled an innocent death   
  
They have said we will  stay strong and tall   
  
But they get no call of ending this   
  
Stupidity   
  
ending in casualties   
  
But I don't know why we have to fight   
  
No tomorrow no time to waste   
  
There's got to be a better way   
  
I could run away tonight   
  
Please don't leave me behind   
  
I could run a thousand miles   
  
If I could take the pain away   
  
I'd show you the way for a brighter day   
  
I'd show you the way to the light of day   
  
That I'm not afraid of being in the grave   
  
I just pray for peace   
  
On my knees   
  
All over we have human trafficking   
  
And it is like not people are  acting   
  
People abandoned alone   
  
Like  no one has known   
  
Gun violence all over   
  
So past to the day   
  
That I have to say   
  
The blast   
  
has to go away   
  
We used to work together to hunt food   
  
Now we are hunting each other   
  
We all need some peace now   
  
Please   
  
Please just give us peace   
  
I'm tired of grieving   
  
And having to deal with this   
  
I just want people to have peace and be safe and happy   
  
Peace please   
  
(But I don't know why we have to fight)   
  
Darkness

I'm such a mess   
  
I'm  full of  darkness   
  
I look in the mirror   
  
And I dont know the person I see   
  
I need help   
  
Feels like I'm by myself   
  
I need support   
  
I have changed   
  
Never truly happy   
  
Rarely have a good day   
  
I don’t know the right way   
  
I am so lost   
  
In my thoughts   
  
And in darkness   
  
I'm always lonely   
  
Always feels like fear Controls me   
  
Always want to be alone   
  
With my darkness   
  
I need a little more kindness   
  
I feel hopeless   
  
This is not the plan I had   
  
I'm sure God would agree   
  
I'm not where I'm supposed to be   
  
It like the darkness always wins   
  
And I'm really good at doing sin   
  
I need help   
  
Feels like I'm by myself   
  
With darkness    
  
Sad Days  
Most of my days are filled with sad days   
  
Wake up not feeling ok   
  
Now I'm drifting away   
  
In my missed up headspace   
  
Trying to find a way to escape   
  
Maybe wear a Cape and fly away   
  
Be the hero in my own life   
  
Yeah, wouldn't that feel great?   
  
But if I had to rate these days lately I would say that I feel like hate just  can't escape   
  
And I'm about to break and be reshaped   
  
And be draped with Cape of my own fate   
  
Sad days yeah sad days   
  
I just don't know what to say   
  
But sad days sad days yeah   
  
I get sea sick so please don't rock to boat   
  
I'm trying to stay a float   
  
Looking for the antidotes   
  
Because I'm drowning   
  
In all this poison of my feelings   
  
Greetings from a soaked me   
  
I just want free and see what true happiness is   
  
But would what is  given be enough or   
  
Or Would I  just keep craving more and more and always feel short in supply and end up running dry   
  
I'm in distraught   
  
So I began  to plot a slot of time   
  
To see myself shine   
  
But  my feelings are so captivating   
  
To me so I  begin to hesitate   
  
On finding my way out   
  
I think I'm beginning to be addicted to the pain   
  
The sad days have begun to flood my brain   
  
It's a shame to say   
  
But I'm feeling stuck and like   
  
I'm trapped with sad days all the way through my life   
  
If I work hard I still feel like   
  
I can't gain back my happiness   
  
I'm a painter, I'm painting   
  
a true version of my days lately   
  
lastly all this anxiety and darkness   
  
Makes me feel crazy and alone   
  
Maybe when I'm grown   
  
I will bloom and adventure to my happiness   
  
Without shrooms or a groom   
  
It's A Struggle   
For so many it a struggle p  
  
To have a healthy relationship with mental health   
  
It like a muscle it has to be worked on or it will disappear   
  
But it sometimes feels like you just   
  
Want your old self to reappear   
  
You get filled with fear   
  
You get filled with tears   
  
But you must keep hope near   
  
Start to cheer with every steer in the right direction   
  
Make a connection with your self   
  
It's a struggle to knuckle down   
  
And fix it   
  
So many people don't get it   
  
You can get stuck in a pit   
  
While it feels like everyone else is lit   
  
Your are stuck in dull silence   
  
It feels hopeless,   
  
because you feel Voiceless   
  
So life begins  to feel motionless   
  
And it's losing it's meaning   
  
You got to remember everyone struggles   
  
Just on different things   
  
What this means is your not alone   
  
Even if no one is calling your phone   
  
Just know this can help you grow   
  
One day you will get back your glow   
  
It will show how strong you are   
  
You win this war   
  
Because life can be a struggle   
  
So can maintaining your mental health   
  
Keep your faith   
  
And you will not melt   
  
Mental health is like any health   
  
It has it up and down   
  
When you thrive and when it is fight   
  
To survive  
  
  
I Miss The Days   
I miss the days when I was young   
  
And running towards freedom   
  
I miss the days when I was young   
  
And had a smile on my face   
  
And it was not fake   
  
Not feeling like everyone was on my case   
  
And I was not about to break   
  
I miss the days when I was young   
  
And would thrive   
  
Not just barely survive   
  
I miss the days when I was young   
  
And wanted to be alive   
  
And not struggle with wanting to die   
  
I miss the days when I was young   
  
And was not paralyzed on the inside   
  
And was not numb   
  
And feeling so dumb   
  
I miss the days when I was young   
  
And not worried about success   
  
And not feeling like I was a mess   
  
Not under so much stress   
  
I miss being young   
  
I miss those days   
  
Disappear   
All that's on my mind is that I want to disappear   
  
All I hear is that I've been near   
  
The brink of giving up on this life of mine   
  
I can't think clear   
  
I'm starting to fear my situation   
  
What kind of creation I'm I   
  
To fear myself   
  
I'm starting to withdraw from life   
  
I did a guide to help me decide   
  
My path and way through all this   
  
Chaos and noise in my head   
  
I'm doing all the things I dread   
  
I'm starting to hate myself   
  
And I'm wishing I could escape   
  
From all I've put on my plate   
  
I'm starving for love   
  
I'm gasping for hope   
  
And breathing in all kinds of negative thoughts   
  
I'm my biggest fan and hatter   
  
I hate to look in the mirror   
  
Maybe if I can renew my hope   
  
I can show myself that I will not have to disappear for ever   
  
But I feel like forever I will   
  
Want to so I fight myself   
  
And I will disappear and,   
  
comeback like my true self   
  
But instead I want fear to be the one to disappear    
  
Survival   
They say survival is vital   
  
I can't survive when I die by suicide   
  
Because I've gone down the slide   
  
And had my ride of the title of hurt   
  
And I'm alert that I flirt with my demons   
  
When I  go through seasons of pain and darkness   
  
I wish I could assert myself to joy   
  
But darkness is the toy that never stop running   
  
I haven't been able to take out the batteries to have it stop to annoying my mind   
  
So I feel like it's my time to die   
  
Because noone would cry if I die and live in the sky cause of way of suicide   
  
They say continue the fight to survive   
  
But  my energy is so  low I'm losing my power and   
  
life's  game is strange and I feel   
  
Like it was arranged to make me fail   
  
So I sail to lost island and watch  the highland happy and free   
  
And will feel trashy about myself   
  
I need help but I feel alone   
  
So I have to find hope on my own   
  
Before I get blown and thrown into the deep end of this life and can't survive   
  
This is for more than my pride   
  
I'm my own ride or die  
  
  
Let's Run Together   
I hope this is more than words   
  
Listen to me when I got the  mic   
  
I been it with my own life   
  
You are worth more than to die in this place   
  
Life is not a race   
  
It a marathon   
  
I will be your running mate   
  
Let's step up to the plate   
  
Let's run together   
  
We will make each other better   
  
We be great   
  
There is more at stake   
  
If I could tell you not to live reckles I would   
  
I tried things too   
  
It feels like all you see are the blues   
  
You dont have to die today   
  
You dont have break   
  
It will pass   
  
I will be your running mate   
  
Let's step up to the plate   
  
Let's run together   
  
We will make each other better   
  
We be great   
  
There is more at stake   
  
I wish this will be more than a song   
  
I hope you don't do it   
  
I hope this song helps someone   
  
How am I supposed to help someone else   
  
When I can't help myself   
  
We can do it   
  
I will be your running mate   
  
Let's step up to the plate   
  
Let's run together   
  
We will make each other better   
  
We be great   
  
There is more at stake   
  
Let do this   
  
Let's run together   
  
I be your running mate    
  
To The Church   
Muslims and atheists don't believe but sometimes they are the nicest breed   
  
They say go and plant a seed   
  
Make sure you do your one good deed   
  
I honestly think that I accepted that  fear   
  
That would make sense if I say fear is   
  
Always near   
  
That's what happens when you hype up   
  
About down below   
  
The church keeps saying it is about to grow   
  
Then we should start to grow now rather   
  
Saying that over and over again   
  
And how much do we actually know   
  
And is this all for show   
  
As a church does our light really glow   
  
These are the things we need to know   
  
I make lots of mistakes and I try not to break   
  
I think at church is where they  can judge me vs you I get it it is a human thing to do   
  
Helps build our self-esteem but shouldn't we feel free if church if it is  where you find God   
  
Sometimes I start to think well I'm not doing well I wonder how many people here think I'm bound for hell sometimes think church puts us in a cell traps us on how to look perfect and ok stuck on what's wrong and right and is the church really doing its job if the world is breaking we keep saying it is written that things would get worse   
  
Don't we know God's the perfect nurse to heal the world but if we the church give up what have we accomplished   
  
Me and you don't always agree what I  see in you but I think we can let the light glow   
  
And stop putting spotlights on people and know we are one body to work together it is now or never   
  
Enough Is Enough   
Black lives matter   
  
I'm tired of hearing the news that   
  
They are not treated right   
  
They should not have live in fright of losing there live   
  
I want to fight for their rights   
  
They should live free and be able to breathe   
  
Enough is enough   
  
Enough is enough enough is enough enough Is enough 'a'   
  
They are beautiful and their live is precious   
  
They are made in God's image   
  
We got join the fight for them   
  
They should not be voiceless   
  
I feel so helpless I just want equal rights for them   
  
Enough is enough   
  
Enough is enough enough is enough enough Is enough 'a'   
  
I want see a good outcome after all this   
  
I hope this opens all our eyes   
  
And we analyze how we treat them   
  
I want them to be loved and treated equal   
  
I want equality for all them   
  
We can not change the past   
  
But we can change at last   
  
I'm teird of the pain and sorrow   
  
If not knowing if they live tomorrow   
  
It time to change I want justice and peace   
  
Enough is enough   
  
Enough is enough enough is enough enough Is enough 'a'   
  
Just because they don't look like me   
  
Does not mean that a agree with what has happened   
  
It totally not ok and not acceptable   
  
I want to be the voice for the voiceless   
  
Hope for hopeless   
  
Help for helpless   
  
Peace for the world   
  
And justice for what is done wrong to all   
  
Let's stand tall for all of them   
  
No more silence   
  
Lonely Road   
I feel like I'm all alone   
  
Walking down an empty road   
  
That leads to no home   
  
It leads to a cliff   
  
I need to turn around or get a map   
  
To get back on track   
  
But it feels like I'm under attack from myself   
  
I need a drink from the well   
  
So that I can get well   
  
I'm slowly getting into a pit of mud   
  
And it feels like it about to flood   
  
I'm beginning to reminiscent of when I was happy   
  
And not feeling stuck alone   
  
And my voice sang songs of joy   
  
Instead of just moaning   
  
I want to have a clone of that Lindsay   
  
That was happy and her mind was free   
  
And that I don't feel like I'm out of the zone   
  
If being ok on the inside   
  
But I still know God on his throne   
  
So I fight my demons that are the only thing with me on this lonely road   
  
All this means that I need to get to shelter It like my hate in my life makes it swelter   
  
I need to find some help, but this trail seems bear empty   
  
How long could this road be seems like I been walking on for years   
  
It full of all my fears   
  
Do I have peers just watching go deep in to this haunted road and not offer a hand   
  
If I make out will it be grand   
  
Will I be meet by my favorite band   
  
I'm beginning to reminiscent of when I was happy   
  
And not feeling stuck alone   
  
And my voice sang songs of joy   
  
Instead of just moaning   
  
I want to have a clone of that Lindsay   
  
That was happy and her mind was free   
  
And that I don't feel like I'm out of the zone   
  
If being ok on the inside   
  
But I still know God on his throne   
  
So I fight my demons that are the only thing with me on this lonely road   
  
Right now I'm stuck in the middle of this road   
  
But I have faith that I make it out of here   
  
Because I know that God is still near   
  
I will find some peace and release all   
  
My all my negative problems   
  
I just want to blossom   
  
I want to be the best me I can be   
  
I want to see the real me   
  
I want to be be able to have a happy life   
  
I want to survive on this lonely road   
  
I want to to thrive and find   
  
To best way out if this trap called my mind   
  
Questions   
When did I  question by purpose to breathe   
  
Whether I am free   
  
What is inside of me   
  
Whether I can see the real me   
  
Question my mind   
  
Question whether I grind   
  
Question what I will find   
  
If I dig deep   
  
When did question my life   
  
My skills on the mic   
  
Whither I will snap   
  
Will I break   
  
Question if everyone is on my case   
  
Whether I'm safe   
  
When did I question my name   
  
Whether I'm a shame   
  
Whether I'm a positive light   
  
Whether I'm giving it all my might   
  
Where I'm headed   
  
Why I'm here   
  
Why do I question everything about me   
  
Please Still Believe In Me   
I'm not perfect I don't portent to be   
  
Lots of burdens on the surface to see   
  
Lots of things that haunt me   
  
I bleed from all my state of mind filled with hate   
  
So I plead with myself to think of   
  
Lots of things I normalize   
  
And get hypnotized on weather I'm living a lie   
  
I disguise my problems   
  
So I can fulfill my self made promises   
  
That turn out to be a comedy   
  
Due to how bad I fail   
  
I want mail my problems away   
  
That I've been promising to fix by now   
  
Maybe one day if i leave it will wow   
  
You and me to see   
  
It complete   
  
So take a seat in the heat of my life   
  
I feel like I can't beat my problems   
  
But when I do I will greet you with a treat a new me a great site to see   
  
I just need you to still believe in me   
  
Please    
  
I'm Trying   
Life is a ride and I'm going to try   
  
To get by this hard time   
  
But I just want to cry   
  
I feel so lonely like   
  
no one truly Knows me   
  
I feel unseen unless   
  
People tell me other wise   
  
Cause all my insecurities   
  
Get worse when i don't get praise   
  
Cause I let other people words raise me   
  
And kill me   
  
Why do I only listen to them   
  
Is it  because I don't know  
Myself,  well enough to trust me   
  
I always constantly need reassurance   
  
To get by my life and survive   
  
I live or die by the words out other people mouth   
  
I feel unable to trust in me and my beliefs so I let them creep up on me   
  
And beat me to the  point I need Help,  
then I turn to other people words instead   
  
Love In Similes  
Love is like meat that you add a spice to   
  
Too much and it is spicy   
  
Not enough and it blanned   
  
None and it is dry and bad   
  
It is trial and error   
  
For each person a different amount is needed and reaction happens   
  
Love is like buying dog food   
  
Each dog needs different kind   
  
Big dogs need more   
  
Small dogs need less   
  
There are lots of different brands   
  
And different forms   
  
Love is like a baby   
  
They come in different sizes   
  
In different colors   
  
In different weights and shapes   
  
But all are unique in there own way   
  
Some like to play   
  
Some are clam   
  
But all when treated right are nice

New Year, Same Life   
Well, another year down. It had the best moments of my life and the worst. Another year to watch, grow, and learn. Another reason for change and another reason to not to let People change you! Another reason for living and another reason to give others to live. memeroies made and more to have. Another breath taken and another one lost. Another battle won another one to face. Another race won and another race lost. Another game played another game someone played on you. Another friend made and another friend lost. Another life born and Lofe lost! ( miss ya'll so Much all ready). Another war ended  and another war started. Another sleepless night and another peaceful morning. Another year and another year lost.  Another version of yourself dying and another you being Built! Another years worth of mistakes and another year full of blessings. Another years worth of pain and another years worth of gain. Another year full cries and anger and another year full laughs and smiles. Another 365 days Conquered and won. Another year downing your history book of life. Another year you'll survived. Another year you been told no and have said yes. Another year proven yourself and others wrong and right. Another year take a moment to be proud of all you done good and bad; cause your still here, and for that I'm proud! Here's to another year full of all that. Are you ready? cheers Mate! Raise your glass for all you've done!    
  
**You’ll** Be Fine

It ok not be okay   
  
That me everyday   
  
Sometimes you will sway   
  
That's just how it will feel   
  
Make sure you stay real   
  
Be the best version of your self   
  
It ok to ask for help   
  
Remember to self love   
  
Don’t get mad   
  
Sometimes you will be sad   
  
Make sure to cherish every moment   
  
Just know your mind is powerful   
  
But so is your heart   
  
Your are beautiful   
  
Always give it your all   
  
Always stand tall   
  
Be love to everyone   
  
Always try to have fun   
  
You are made to shine   
  
lay everything on the line   
  
You be fine   
  
It ok not be okay   
  
I Love you and so many people do too!

I Jist Need A Moment To Myself

I'm feeling the stress   
  
I feel like such a mess   
  
I feel my heart being weighed down   
  
I'm definitely not feeling like I'm wearing a crown   
  
I feel unstable, unable,   
  
just to put on a label Of how I feel   
  
I feel not ok I feel myself sway   
  
I feel like I'm going astray   
  
That's why I need a moment for myself   
  
I need moment for myself   
  
I promise it will be beneficial to everyone's health   
  
Not wondering about any wealth   
  
I need to think about something else   
  
Before I break apart   
  
I need to dodge the arrow coming for my heart   
  
I need a moment for myself   
  
I'm putting to much pressure on me   
  
I thinking a little to deep   
  
I have been losing lots of sleep   
  
Thinking of everything around me and   
  
Things I have to do   
  
I need a clue on how to glue my life back together   
  
I wish every good thing last forever   
  
So I make a good thing happen and   
  
Take a moment to myself   
  
I need moment for myself   
  
I promise it will be beneficial to everyone's health   
  
Not wondering about any wealth   
  
I need to think about something else   
  
Before I break apart   
  
I need to dodge the arrow coming for my heart   
  
I need a moment for myself   
  
The world can be hard   
  
It sometimes leaves me with a scar   
  
Like I'm stuck in tar   
  
And so far from where I need to be   
  
I feel like it hard to breathe   
  
And I'm going blurry from all this stress   
  
I can no longer see the real me   
  
I need a moment to myself   
  
I need moment for myself   
  
I promise it will be beneficial to everyone's health   
  
Not wondering about any wealth   
  
I need to think about something else   
  
Before I break apart   
  
I need to dodge the arrow coming for my heart   
  
I need a moment for myself   
  
Let's get in my car and y'all see that   
  
I have the drive it that's to succeed   
  
And have everything I need   
  
But I'm feeling overwhelmed   
  
I'm helmed of my own self   
  
So I will say that I need a moment to myself   
  
I promise that I try my best to stay clam   
  
I refer to the book of psalms   
  
And worship in my trials   
  
I need moment for myself   
  
I promise it will be beneficial to everyone's health   
  
Not wondering about any wealth   
  
I need to think about something else   
  
Before I break apart   
  
I need to dodge the arrow coming for my heart   
  
I need a moment for myself   
  
So let's all evaluate ourselves   
  
And listen to our minds and bodies   
  
And never forget to let ourselves   
  
Have a break sometimes   
  
To ourselves it beneficial to everyone's health   
  
Let's take a moment to ourselves