

## Wake up

### A Broken Silence

Seems like the pressure is building, no time to spend with my children  
Seems like I'm working for nothing, feels like I've wasted a million.  
I'm looking in the mirror I don't like my reflection  
I've sabotaged myself from the life I was destined  
So sick of these meds and how they're keeping me static but without all my tablets I'm kind of psychosomatic  
I need to break through the habit, escape from the panic, aerodynamic  
, navigating my geography  
My world was savage in the grips of chemical imbalance  
I'm waking up to get equipped for the challenge

I need to wake up now...  
Wake up, I'm dazed out  
Embracing the pain, I'm making it out  
Wake up, I'm dazed out, embracing the pain

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Wake up now...

I need hope, I need fire, I need spark, I need drive...

Out in the morning sky to soak up the sun rays  
Wet grass on my bare feet; my mind focused on one day  
I'm looking in the mirror and I don't like my reflection  
I've sabotaged myself from the life I was destined  
I need to push through the pain to get my heart-rate up, the cold water sensation for the adrenalin rush  
I'm alive, so alive like I've been resurrected..  
Appreciate that every day is a blessing

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Wake up!

Just one more day, just one more... Just one more day  
Wake up!  
Just one more day, just one more... Just one more day  
Wake up!