

## Friendly Reminder

## Against the Current

Tied flowers in the laces of my boots  
This year drained the color from my mood  
I took one too many beatings  
I was left broken and bleeding  
I woke up and covered up my bruise

Hey, hey  
I feel it  
Hey, hey  
I know it  
Hey, hey  
I give myself

A friendly reminder  
Remember to smile  
Remember the pain only lasts for awhile  
(take it take it all away)  
Throw away the last year is in the past  
Tell it to myself right now  
A friendly reminder  
(take it, take it all away)

And next time that I'm feeling so damn low  
Keep telling myself that I'm not alone  
I know I couldn't take it  
I woke up in a Wasteland  
I retrace my steps to get back home

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I feel it  
Hey, hey  
I know it  
Hey, hey  
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Down the drain I climb my way out  
Let it rain down then  
(take it, take it all away)  
Do your worst I'll be alright  
One day at a time

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Remember the pain only lasts for awhile  
(take it take it all away)  
Throw away the last year is in the past  
Tell it to myself right now  
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(take it, take it all away)