My friends are therapy
They know what I need
I need some sympathy
Once in a while
My friends take care of me

They know what I need
I need a piece of mind that they help
me find
High on anxiety
Tension's got me
And my reality
Is fighting with me
I sense an urgency
I struggle to breath

My friends are therapy cover the need
My friends are therapy
Help me to breathe
I'm doing fine this time
This time it's no line

Light up the way.....

Far down, bring me back again

I'm sound, here comes the day

My friends, bring me back again

My friends, my therapy