

So it's been a bad day
everything seems grey
my upstairs is out of place
I need to be by myself
rely on no one else
only I can erase the slate
all of the walls I've built to protect me seem to fall
down
all around and I see things so differently
down is the taste of the day
but things will change
I can be strong and keep my head up
time
all I need is some time by myself
I need to go where there is no one to come and try to find me
my feelings must open up and vent
breathe
all of the walls I've built to protect me seem to fall
down
all around and I see things so differently
down is the taste of the day
but things will change
I can be strong
beat frustration
keep my head up
and accept my feelings now
so there will be better days
sacred getaways are the means of my escape
then I will collect my thoughts or lose them if I choose
I control this game