

# 12 Step Programs

[eleventyseven](#)

I've tried to do this on my own  
Without the help of telephones  
The only place I need to be  
Is right here where I'm forced to see that  
I can fight against disease  
Or let it take me out to sea  
Either way I just might drown  
I'd rather swim than hit the ground I'm willing now to do what it takes to see  
That the boy looking back in the mirror isn't me So take back the 12 step self set help programs  
And let me tell you all about how  
It was myself that got me here in the first place  
And myself that taught me how to replace  
Everything I know with every other option  
But the only right way to go Yeah I'm pretty sure that now it shows  
I could never see far past my nose  
And I'm almost positive these pills  
Are the only thing that ever made me ill so  
I'll make it through another week  
Despite the fact that I can't sleep  
The only problem I can see  
Is this is not who I'm meant to be and I'm ready now to do what it takes to see  
That the boy looking back in the mirror isn't me The only thing I have to hold to is a promise  
You put another life inside of me  
That's not my own So take back all your self help programs

Song Discussions is protected by U.S. Patent 9401941. Other patents pending.

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