

One Moment

Monifah

Verse 1

Sometimes I swear I need a moment just (For Me)

All to myself without a cause or reason (For Me)

Sometimes a girl can get upset from

Dealing with all life's pressures

If you're supposed to be my friend then just understand it

Now name the last time you did something just (For Me)

Without it benefiting you in the process? (For Me)

I feel I owe it to myself if I don't, nobody else will

So into my room I go...Chorus

Alone for a second, Alone for a minute

Without you always up in my head I can think

With one moment to bring, perspective, clarity

Understand it or not, now I'm taking One moment for me, me, me, me (For Me)Verse 2

I'm there for everybody else except (For Me)

Miss Solve All Of Your Problems, call and ask (For Me)

But now I've wasting all my tissues on other people's issues

Difficult to dry my own tears now

Try not to take it personal, this ain't for you (For Me)

I gotta find a hiding place, sanctuary for me (For Me)

If I don't set aside some time, I'll lose my entire mental

So into my room I go....Chorus

Alone for a second, alone for a minute

Without you always up in my head I can think

With one moment to bring, perspective, clarity

Understand it or not, now I'm taking

One Moment for me, me, me, me (For me)Bridge

I think it's time I take a little bit for me (Ah ha, Ah ha)

A little bit can mean (Ah ha, Ah ha)

A little more complete (Ah ha, Ah ha)

And I'm ready to say today's my day

But now I'm solo so into my room I go...Chorus

Alone for a second, Alone for a minute

Without you always up in my head so I can think

With One Moment to bring, perspective, clarity

Understand it or not, now I'm taking

One Moment for me, me, me, me (For me)Adlibs

Just for me (3x)

Don't for you for me

Don't take it personal
Don't take it personal
For me...For me

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