

# Therapy Session

NF

Yeah, I gotta say like a month ago  
I was talking to fans  
And one of them pulled me aside and said  
"We never met but I swear that you know who I am  
I been through a lot  
I don't know how to express it to people  
Don't think that I can but I got that mansion CD on rotation  
That's real for me Nate, you do not understand"  
It's crazy for me  
Kids hit me up, say they slitting they wrists on the daily  
This music is more than you think  
Don't book me for just entertainment, it's entertaining  
Hearing these parents, they telling their kids  
My music is violent, you gotta be kidding me  
I guess that your definition of violence and mine  
Is something that we look at differently  
How do you picture me ah?  
Want me to smile, you want me to laugh  
You want me to walk in the stage with a smile on my face  
When I'm mad and put on a mask, for real though  
I mean, what you expect from me?  
I'm tryna do this respectfully  
They say that life is a race  
I know my problems'll probably catch up eventually  
I do my best to be calm  
How you gon' write me and tell me you slaughter my family?  
That's just a glimpse to the stuff that get sent to me  
These the parts of my life that'll never see, woo  
I am aware it's aggressive  
I am not here for acceptance  
I don't know what you expect here  
But what you expect when you walk in a therapy session?

Therapy, therapy session  
Therapy, therapy session

This girl at the show looked me in the face  
And told me her life's full of drama  
Said that her dad is abusive

Apparently he likes to beat on her mama  
I got so angry inside  
I wanted to tell her to give me his number  
But what you gon' do with it right?  
You gon' hit him up then he'll start hitting her harder  
That's real  
These kids, they come to my shows  
With tears in they eyes  
Imagine someone looking at you  
And saying your music's the reason that they are alive  
Sometimes, I don't know how to handle it  
This type of life isn't glamorous  
This ain't an act for the cameras  
You see me walk on these stages but have no idea what I'm dealing with after it  
I put it all in the open  
This is the way that I cope with all my emotion  
I'm taking pictures with thousands of people  
But honestly, I feel like nobody knows me  
I'm trying to deal with depression  
I'm trying to deal with the pressure  
How you gon' tell me my music does not have a message  
When I'm looking out at this crowd full of people I know I affected?  
Ah, I got some things in my life, I know I should let 'em go  
Let me jot it down, let me take a mental note  
I put it all in this microphone, think about that for a minute  
What is the point of this song, I'm just venting but what you expect from a therapy session?

Therapy, therapy session  
Therapy, therapy session

What you think about me  
That doesn't worry me  
I know I handle some things immaturely  
I know that I need to grow in maturity  
I ain't gon' walk on these stages in front of these people  
And act like I live my life perfectly  
That doesn't work for me  
Christian is not the definition of a perfect me, woo  
I ain't the type to be quiet  
I ain't gon' sit here in silence  
If I wouldn't say what I say to your face  
Then I promise you I wouldn't say it in private  
I am not lying  
People go off on my page and I'm trying to quit the replying  
But this is ridiculous

I'm passionate man, I really mean what I'm writing  
You want me to keep it 100? Okay, I'll keep it 100  
I see a whole lot of talking on socials  
But honestly, I don't see nothing in public  
I kinda love it, yeah  
"Why don't you write us some happy raps?  
That would be awesome  
All your music is moody and dark, Nate"  
Don't get me started  
You wanna know what it's like if you met me in person?  
Listen to my verses  
This music is not just for people  
Who sit in the pews and pray at the churches  
I won't reject it  
I don't expect everyone to respect it  
I don't expect you to get my perspective  
What you expect from a therapy session?

I mean, I think sometimes people they confuse what I'm doing  
I write about life, I write about things that I'm actually dealing with  
Something that I'm actually experiencing, this is real for me  
Like this is something that personally helps me as well  
I'm not confused about who gave me the gift  
God gave me the gift and he gave me the ability to do this  
And he also gave me this as an outlet  
And that's what music is for me  
When I feel something, whether it's anger  
Um, it's a passion about something, or frustration  
Like this is where I go, this is, that's the whole nfrealmusic thing man  
This is real for me, I need this, this is a therapy for me

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