

Therapy

As December Falls

Getting even, getting sad
Getting really fucking mad
When I should be over it
I'm venting words filled with rage
Spilling poison on the page
When I should be focusing

And once it's out, it feels like therapy
But all you get to see is the worst of me

It feels fine when I'm sleeping
But waking up just feels demeaning
And I hate the thought of feeling
'Cause deep down I need some healing
(Woah woah woah)
Feels like therapy
(Woah woah woah)
Give me what I need, therapy

Is it you, is it me
No, I think it's everything
That's got me losing it
I wanna write how I feel
But then suddenly it's real
And I start to realize

That this is it this is therapy
And all you'll ever see is the worst of me

It feels fine when I'm sleeping
But waking up just feels demeaning
And I hate the thought of feeling
'Cause deep down I need some healing
(Woah woah woah)
Feels like therapy
(Woah woah woah)
Give me what I need, therapy

Getting even, getting sad
Getting really fucking mad

When I should be over it
Venting words filled with rage
Spilling poison on the page
When I should be focusing

(Woah woah woah)
Feels like therapy
(Woah woah woah)
Give me what I need, therapy

It feels fine when I'm sleeping (yeah yeah yeah yeah)
But waking up just feels demeaning (yeah yeah yeah yeah)
And I hate the thought of feeling
'Cause deep down I need some healing

(Woah woah woah)
Feels like therapy
(Woah woah woah)
Give me what I need, therapy

Lyrics Submitted by Commander Kakapo

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