

12. Who Knew

Caps CTRL Long Gone 100 bpm (Who Knew)

Verse 1

What can say? Is this the day Where I lay
Everything to rest or the best
Of me Family
Friends In the end
Cycle almost killed me Really
Rope around neck Panic attack
Time I never get back lines they stack track after track
Rage booze maze loose
All I did dumb kid
Was i? try
Reflection aggression
Bottled up stuck
Need a way out songs came about
Through pain rain
Hurt every word
Real Feel
Its right might
be dark open heart
Always had that
Side of me suddenly
Change how strange
not saying sorry for sharing my story I agree
songs hit home fit a zone
I felt dealt
at the time
With demons seasons
High low we all know so
Reason the running ranting
Aggressive reflective
Nature paper
Tears fears
Sin grin
Sun done
It all stood tall
Smile on my face days matter
Place of peace please
Stay this way
suits you What I do
Ditch black for blue surprised too
Deny wouldn't try
look at me now wow
so I guess
Miracles do happen hey who knew

Chorus:

Now I finally understand pain it can mend
I hate what I had to do but I made it
Who knew

Verse 2

Peace of mind never thought I'd find
This place time space at a pace
That's right light
Getting brighter baggage lighter
Why? Easy I see
Blame causes pain
To you others to
What you do? Loop
Emotion sadness coping manage
Works at first till hurt
Life upside down Swim but drown found
The answer doesn't matter
If some disagree let them be
Finally free
to be me
Day by day say
Show grow slow
But surely don't worry
Fly high my
Quest to best
Me really
Starts heart
beating slow so
Lost a bet therapist said
One day you say
This is it pieces fit
Just stared back whatever jack
Didn't believe Why would hurt leave?
Will is strong skip that song
No why? won't lie
You'll see trust me
As you learn to turn
Hate peace rain breeze
Sad happy slow snappy
Suddenly
Guilt is gone Accept wrongs
Clear to see who to be
Course to sail free from jail kill
Dark within you break through
Yeah I knew

Chorus:

Now I finally understand pain it can mend
I hate what I had to do but I made it
Who knew