Take That, Days I Hate Myself

Just another night feeling lost Peace is hard to find but never forgot Just lying underneath the stars My feet stand on Earth My head's on Mars

Just day dreaming
To find your heart took way too long
All of the pain leaving
Counting my blessings one by one

You pick me up
You hold me high
Show me the ladder
Up to the sky
Forever strong
Always a shoulder
My call for help
The days I hate myself
You speak the words
I need to hear
Yeah, it always works
You lift me up
But catch me falling
Save me from Hell
The days I hate my—, hate my—, hate myself

Just another wave of feeling scared I've tried to breathe it out but got nowhere Looking out, the horizon's clear Thought we were in a crowd But there's only us here

My mind's racing Imagining a different view As we watch the Sun fading It all comes down, comes down to you

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You hold me high
Show me the ladder
Up to the sky
Forever strong
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My call for help
The days I hate myself
You speak the words
I need to hear
Yeah, it always works
You lift me up
But catch me falling
Save me from Hell
The days I hate my—, hate my—, hate myself

No, you never give up Or fall to the ground But you make me believe When I don't like what I see

You pick me up You hold me high Show me the ladder Up to the sky Forever strong Always a shoulder
My call for help
The days I hate myself
The days I need some help
When I can't stand my reflection
You save me from that Hell
The days I hate my—, hate myself

Show me the ladder
Up to the sky
Forever strong
Always a shoulder
My call for help
The days I hate myself
You speak the words
I need to hear
Yeah, it always works
You lift me up
But catch me falling
Save me from Hell
The days I hate my—, hate my—, hate myself

Just another night Feeling lost Peace is hard to find Never forgot