

I had been swimming in the darkness
Every move took more energy than usually
Not sure of where to be

Then you called me

Told me it was going to be ok
Gave me permission to help myself
Instead of punishing myself
With the idea that asking for help is weak

What was darkness in the sea
Colors returned
And now I could see

I don't know where this goes from here
Colors returned, but the path isn't clear
How should I behave?
I want to curse fear
I want to be brave

I'm not sure I can do this on my own
Please do me a favor...

stay close to your phone