

John Ralston**"I Haven't Been Myself"**

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I'm not alright, I haven't been myself lately
I'm not okay with the way I've let my thoughts overtake
Take me away to the place I should have gone
I hope I'm not here for long
I'll see you when I'm better
I'll see you when I'm better

It's gotta get worse to get better
It went from no way, never to okay, whatever
Slowly but surely and sure as sure is blurry
Now things that once were me are no longer
Every so often God reminds me
But I'm always there in front to blind me
I value my pride more than peace of mind
My precious pride
There was a time when I had control but I let it go
I watched the world passin' slowmo
My life's ahead of me
I can't catch up
Stuck in a rut
I went too willingly
These thoughts are killing me
I wish I could control myself but I can't
Or can I?
Man I'm gone
I hope I'm not here for long
It's just a visit
Ashamed of who I've become
It's not really me
Or is it?

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Thoughts lead to emotion which led to action
I hate the fact that it happened
?The Lord can forgive and forget?
But I'm not able to do it

Maybe there is where the problem lies
I'm unable to forgive myself plus I'm too proud to ask
for help
Whelp, sorry for who I've become
I guess circumstances can leave you numb
Plus, I refused accountability
It seemed like such small things you found in me
I called you secluded and illuded to the fact that your
concerns were silly
Don't over-react
Now looking back in hindsight, heh
I'm able to see that you were right
Is it too late for me?
I know it's not
It's just up to me to choose to stop

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I hope I'm not here for long
Better
I'll see you when I'm better

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Take me away to the place I should have gone
I hope I'm not here for long

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