

## **No Motiv "Sunday At 6:00 p.m."**

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I don't know why  
Depression it comes and goes  
(throughout my whole life  
it's something that I've known)  
Familiar to me like a recurring dream  
One happy moment  
The next I am sad  
because it grips me like I've never felt  
I'm sorry if I did anything  
can I be of any help?  
can I be of any help to you my friend?  
We have all felt sad  
More than once in our lives  
(the problems we've had  
but choose not to share)

Do some feel it more often  
than others do?  
Well if that is true  
I feel I qualify  
because it grips me like I've never felt  
I'm sorry if I did anything  
can I be of any help?  
can I be of any help to you my friend?

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