

Parokya Ni Edgar **"It's Ok"**

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Shh it's ok
Just change your frame of mind
Everything will be just fine
You can't breathe
Everything you see around just feels false
And you don't have the balls
To reach out
Ask help from those around you , carry on
You just carry on
No, no, no
That's not the way to go, I should know
Cause I've been there before
Just relax
Try to focus just for once on here and now
Before you lash out
Before you lose control
Grab a hold for yourself
Grab a hold for yourself
Hold your tongue
Before you shoot your mouth off
And regret the words that you will say
And regret the words that you will say

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