

## Heather's Damage

### "Forget Me Knots"

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They told me that when I was younger  
Lying leaves you blind and don't leave anyone behind  
And all those things that make you stronger  
Will have you lying on the floor  
Think you can take it anymore  
So

It's alright not to feel OK  
It's alright not to feel OK

They told me that when I get older  
That there'll be less time to prepare  
And room for someone to compare  
And now the ache is getting colder  
And I can see it in your face  
No wish to settle in this place  
So

It's alright not to feel OK  
It's alright not to feel OK

And I promise I'm here when you need me  
Some people tell you that you just need to get up and  
grow up  
Forget it, forgive what you're hearing  
Some people just don't understand what it feels like to  
fall

So don't fall [x4]

They told me that when I was younger  
Lying leaves you blind and don't leave anyone behind  
And don't lose sight of what's to live for  
Because there's truth in what they say  
It's alright not to feel OK

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