

Now, don't forget
This is how it is

To be needed
To be required
To be held back and restricted
Every day, take another
Have patience darling
This is the cure

Its working
I feel nice
Finally, alive
Free
Able
Fearless
I must
I must be cured
This was the cure
They said this is the cure

Suddenly fearful
Captivated by thoughts
It's not working
Fear
Wanting to forget
Needing to forget

To be lost
Floating by recklessly
It's time to take another
They say it's the cure

Try these
Not one but two
Maybe three
Now, don't forget

The pain is lifting
You are my new acquaintance

Routine
Admiration
Everyday there you are
Guiding me
Like a trail of breadcrumbs

Don't forget
We all need a helping hand
This is a helping hand

Its working
I am alive
We are alive
Never alone

Appreciate continuous recovery
Self-realization and growth

- Gabby DaSilva