

Take a moment to clear your head, darling,
You don't have to be on edge, waiting for the next regret.
Take a moment to shut out all the noise outside,
If they're not helping, they're not needed, so take a minute to yourself.

And so life slows, and the wind blows,
And it's all so obvious and simple, but you didn't know,
How much you missed those drops of sunlight,
How bad your throat was parched,
The gentle sound of your footsteps on the pavement,
You're thinking for yourself.

Take a moment to bask in every broken promise,
To remind yourself of how far you've come.
Relish every drop of pain of that unwritten surrender,
'Cause there are no guarantees in true love.

And so life slows, and the wind blows,
And it's all so obvious and simple, but you didn't know,
How much you missed those drops of sunlight,
How bad your throat was parched,
The gentle sound of your footsteps on the pavement,
You're regaining your trust.

You don't have to be nervous just to feel your heart beat,
You don't have to be innocent to be swept off your feet,
This world may never truly fit your dreams and insecurities,
So just let it settle, accept it's meant to be.

You don't have to win every time,
You're not saving yourself when you lie,
You don't have to do this if you're shy,
Just take a moment alone.

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You're thinking for yourself.