

Friendly Reminder

Against the Current

Tied flowers in the laces of my boots
This year drained the color from my mood
I took one too many beatings
I was left broken and bleeding
I woke up and covered up my bruise

Hey, hey
I feel it
Hey, hey
I know it
Hey, hey
I give myself

A friendly reminder
Remember to smile
Remember the pain only lasts for awhile
(take it take it all away)
Throw away the last year is in the past
Tell it to myself right now
A friendly reminder
(take it, take it all away)

And next time that I'm feeling so damn low
Keep telling myself that I'm not alone
I know I couldn't take it
I woke up in a Wasteland
I retrace my steps to get back home

Hey, hey
I feel it
Hey, hey
I know it
Hey, hey
I give myself

A friendly reminder
Remember to smile
Remember the pain only lasts for awhile
(take it take it all away)
Throw away the last year is in the past
Tell it to myself right now
A friendly reminder
(take it, take it all away)

Down the drain I climb my way out
Let it rain down then
(take it, take it all away)
Do your worst I'll be alright
One day at a time

A friendly reminder
Remember to smile
Remember the pain only lasts for awhile
(take it take it all away)
Throw away the last year is in the past
Tell it to myself right now
A friendly reminder

(take it, take it all away)