The first thing we do if we want to get through this dependency that we've been courting. is to finally come clean with the li nes read between and make flat feet of tiptoes we're walking. s ay, "we're finished." say, "we're sorry." say, "we're scared th ere's this weight we can't carry." say, "i'm lonely, and frustr ated, and i'm ready to be here to hear that."

And try as we might we'll try and we might ...

Crumbles these walls with a flood of our words and we'll have a foundation to hold us ...

All these things i want to say. like "honesty is so underated". we're in this together, and that's ok. so why are we so afraid to say it?