

# I Haven't Been Myself

John Reuben

I'm not alright, I haven't been myself lately  
I'm not okay with the way I've let my thoughts overtake  
Take me away to the place I should have gone  
I hope I'm not here for long  
I'll see you when I'm better  
I'll see you when I'm better

It's gotta get worse to get better  
It went from no way, never to okay, whatever  
Slowly but surely and sure as sure is blurry  
Now things that once were me are no longer  
Every so often God reminds me  
But I'm always there in front to blind me  
I value my pride more than peace of mind  
My precious pride  
There was a time when I had control but I let it go  
I watched the world pass in slowmo  
My life's ahead of me  
I can't catch up  
Stuck in a rut  
I went too willingly  
These thoughts are killing me  
I wish I could control myself but I can't  
Or can I?  
Man I'm gone  
I hope I'm not here for long  
It's just a visit  
Ashamed of who I've become  
It's not really me  
Or is it?

I'm not alright, I haven't been myself lately  
I'm not okay with the way I've let my thoughts overtake  
Take me away to the place I should have gone  
I hope I'm not here for long  
I'll see you when I'm better

Thoughts lead to emotion which led to action  
I hate the fact that it happened  
"The Lord can forgive and forget"  
But I'm not able to do it  
Maybe there is where the problem lies  
I'm unable to forgive myself plus I'm too proud to ask for help  
Whelp, sorry for who I've become  
I guess circumstances can leave you numb  
Plus, I refused accountability  
It seemed like such small things you found in me  
I called you secluded and illuded to the fact that your concerns were silly  
Don't over-react  
Now looking back in hindsight, heh  
I'm able to see that you were right  
Is it too late for me?  
I know it's not  
It's just up to me to choose to stop

I'm not alright, I haven't been myself lately  
I'm not okay with the way I've let my thoughts overtake

Take me away to the place I should have gone  
I hope I'm not here for long  
I'll see you when I'm better