

I've fought the urge too many times before with reason
It was the first time I've seen snow this season
And I get down more and more everyday, but hey,
What else can I do?
(I've been trying my best)

This is therapy for me
This is what helps me keep on going
I can't put this much heart into anything else
I hope you see that this means everything to me

It feels like it's always winter here
And maybe spring will come sometime next year
But until then, I'll be stuck in a rut that I can't get out of
I can't get out of this

This is therapy for me
This is what helps me keep on going
I can't put this much heart into anything else
I hope you see that this means everything to me

And I've been trying my best lately to stay on track
Because I don't wanna look back
I'll never fucking look back