

Listen up and take a minute I need to tell you why  
I do the things the way I do and weeks are flying by  
I'm trying to fill a void in my life these days  
By filling it with work and work  
And accomplishments and praise  
Anything that keeps me busy anything that keeps me up  
Cause if I start to let it out I think I'm never gonna stop  
Afraid I'm never gonna stop

Listen up and take a minute wherever you are  
I've been mourning you with the bottle and with my guitar  
For this song I sat myself down to put in words  
What's underneath and what's unsaid  
How much this whole thing hurts  
How much this whole thing hurts

Listen up just take a minute I need to tell you why  
I do the things the way I do so months are flying by  
Since you're gone it isn't always easy all I do is run  
But the hardest part the hardest part  
Was growing up your son  
Was growing up your son