Don't give up, it takes a while
I have seen this look before
And it's alright
You're not alone
If you don't love this anymore
I hear that you've slipped again
I'm here 'cause I know you'll need a friend

And you know that accidents can happen And it's okay,
We all fall off the wagon sometimes
It's not your whole life
It's only one day
You haven't thrown everything away.

Take some time and learn to breathe
And remember what it means
To feel alive
And to believe
Something more than what you see
I know there's a price for this
But some things in life you must resist

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We all fall off the wagon sometimes
It's not your whole life
It's only one day
You haven't thrown everything away.

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So don't give up It takes a while.