

So it's been a bad day  
everything seems grey  
my upstairs is out of place  
I need to be by myself  
rely on no one else  
only I can erase the slate  
all of the walls I've built to protect me seem to fall  
down  
all around and I see things so differently  
down is the taste of the day  
but things will change  
I can be strong and keep my head up  
time  
all I need is some time by myself  
I need to go where there is no one to come and try to find me  
my feelings must open up and vent  
breathe  
all of the walls I've built to protect me seem to fall  
down  
all around and I see things so differently  
down is the taste of the day  
but things will change  
I can be strong  
beat frustration  
keep my head up  
and accept my feelings now  
so there will be better days  
sacred getaways are the means of my escape  
then I will collect my thoughts or lose them if I choose  
I control this game