I wake up in the night,
The nightmare comes alive,
My heart is beating like a drum.
It's only 3 a.m.
Oh here I go again
I close my eyes but sleep wont come.

It's been like this for too long
I get back up and carry on

One Day at a time,
No Mountains to climb
But sometimes it don't come easy.
One day at a time,
Or I lose my mind
That's all I can do believe me.

The sun comes creepin in,
I've had no sleep again
Its been another long, long night
This thing wont go away
Its time to face the day
What can I do to make things right?

Its been like this to be gone,
I found the strength to carry on.

One Day at a time,
No Mountains to climb
But sometimes it don't come easy.
One day at a time,
Or I lose my mind
That's all I can do believe me.

Its been like this for to long, I found a way to carry on.

2x)

One Day at a time,
No Mountains to climb
But sometimes it don't come easy.
One day at a time,
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That's all I can do believe me.

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That's all I can do believe me.
One Day at a time,
One Day at a time,