

For confidence, for energy,

For avoidance, for escape,

I'm astonished at how you've let that go.

How you accept the discomfort in your new reality,

How you push those cravings aside,

Clawing your way out of the pit,

Yourself and others dug.

Who am I to judge?

I've seen those successful,

those who fail,

And worse, those who still deny,

Maybe I've been there too,

*When you step outside, cherish the warm kisses, feel the breeze move you, let it be grounding.*

*That's how you know you're alive. Atone the past and forget your worries. Speak to the sky and thank them for their support; they were always rooting for you anyway.*

When it's all said and done

You'll be left with those who really care,

A crutch when the turbulence picks up,

Embrace them, as they have you.

It's been a long ride and it's not over yet,

But you know what they say...

Day by day.