

Growing Pains

Lyrics by Kaeley Jade Wiebe

I use my meditations, medications, sitcoms on TV
As a buffer 'tween the angry anxious thoughts I have and sleep
But a few slip through and tie me up in knots throughout the night
Why do we always lie with "I'm alright" when nobody is fine?

I curl around the aching pressure that is building in my chest
I try to keep the raw and spiky part of me safer than the rest
Would if I could just rip my aching heart right off my sleeve
But the stitches pull so tight they only make my fingernails bleed

I'm breaking out, better late than never
I'm taking up more space than ever
I'm shaking off these heavy hands forever
These smiling chains
My self-restraint
My stupid brain
These growing pains

These growing pains

I'm breaking out, better late than never
I'm taking up more space than ever
I'm shaking off these heavy hands forever
These smiling chains
My self-restraint
My stupid brain
These growing pains
These smiling chains
My doubt and shame
My stupid brain
These growing pains

These growing pains
Ooh, whoa, whoa