

## **Recover Change**

Thought it was THC that's what I was told  
Turns out it was Spice left my blood running cold  
For a whole year trapped in a chemical haze  
Must have misspoke couldn't count the days  
Sweating through the night mind breaking apart  
Psychosis in my head fear filling my heart  
Didn't want the Spice so I had to let it go  
But I still craved the smoking that's the thing they don't know  
Now I'm telling my story instead of getting high  
Turning pain into bars, putting my truth in every line  
I've survived the dark days now I'm changing my direction  
From addiction and confusion to recovery and reflection

*Are you seeing the changes, in the colour of my face  
When my sparkle wavers, I'm slowing down my pace  
No one asks if I'm OK, no one offers any help  
It's not like I want this, I didn't choose this for myself*

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*I got a role and a place for myself*

*I don't like money but mental wealth*

*Now I'm standing here can you see me now?*

*Now I'm up don't let me down*

*Are you seeing the changes, in the colour of my face*

*When my sparkle wavers, I'm slowing down my pace*

*No one asks if I'm OK, no one offers any help*

*It's not like I want this, I didn't choose this for myself*