

Knotted Up Inside

Background: Tragedy struck us once. Then again. Then again. It's too much to get your head around. This is for them, and for us left behind trying to figure it all out. I still haven't.

Written: 2022

Verse

A rainy May 4th
I got the call
Felt my heart fall
Froze where I stood
The words a shock
Hard to hear
Quick to block
Denial whispers
"You've misunderstood"

Now I sit staring blankly
At untied shoes
For how long

I don't know
Remembering how I learned
And where I was
And know that it was you
That taught me to

Chorus

For those still left alive
Are we really livin'
Or just trying to survive?
I wish I could be forgiven
For all the sins I hide
Knotted up inside

Verse

March the 9th
Just a normal day
Or so it seemed
For number 9
A split second
And you'd still be here
Instead another call
And more denial

The little sister
That I never had
Your absence now is palpable

An open scar
(Just like her)
The parallel incomprehensible
So improbable
Yet here we are

Chorus

For those still left alive
Are we really livin'
Or just trying to survive?
We stood there so grief stricken
Missing number 9
Knotted up inside

Bridge

Survivor guilt
Weighs me down
Like cement shoes
Pulling me down
I wish I could wake up
From this dream
From that nightmare
Where you feel yourself drown
(You know the one)
I want to wake up from reality
But reality never sleeps
I want to go back in time

But causality
Sows what you reap

Verse

I haven't slept well for days
Or weeks or months or years
I can't be sure
Ain't it strange
How some moments drag
While years just disappear
In a blur

We've been robbed
Of our golden years
Together here
Growing old
Now we're left
With aging memories
Unfinished stories
Cut short and left untold

Chorus

For those still left alive
Are we really livin'
Or just trying to survive?
I wish I could feel I'm livin'
And not just killing time

For those still left alive
Are we really livin'
Or just trying to survive?
I wish I could get on livin'
Stop feeling paralyzed
Knotted up inside

Knotted up inside x5