

# Just My Mind and Me

by Griff Sanford

(Capo 2)

V1

C

Maybe I'm not ready yet

Am

Maybe I will never be

F

C

Maybe I should wait a while

G

Waiting won't kill me

C

Just dip a toe in, pull it back

Am

But never go in swimming

F

C

Just wait a while and give it slack

G

The western sky is dimming

V2

My precious inner critic

Wants to keep me safe, I know

But what good is it to be safe

When you refuse to grow?

I have to reassure it

That growing pains are fine

They're just a part of being

And that's how you get to shine

Chorus

F

Just my mind and me

C

A heated conversation

F

Just my frightened inner self

G

Afraid of what is new

F

Just my mind and me

C

Am

Full of our frustration

F

Am

I know I need to do it

G

C

To my own self be true

V3

I step into the pool of life

And soak my sweating toes

I wade a little deeper

This is the life I chose

My inner self is shrieking

I reach out a calming hand

"We're doing fine," I tell it

"And yes, I understand."

Chorus

V4

When I emerge, all soaking wet

My inner critic's mad

I took a risk, I took a chance

And I'm daring to be glad

I know I've broken all its rules

But I'm here, I'm safe and sound

It might sulk for a day or two

But I'm glad of what I've found

Chorus