Not What You Want To Hear

Music and Lyrics by J.M. Gates

We've exhausted all the words
But people replay them
You know, it doesn't change the story, and the flavor of "I'm sorry" is lead
Unlike the cancer and the chemicals
Those words make you numb
And they won't replace that sleepless ache from the nights by his hospital bed

Each time you try to fix me
It stitches visions of him living into my head
And more of me dissolves

(Chorus)
And I know that it's not what you want to hear
You wish I'd say that I'm trying
And pretend I'm not dying
Each day I live longer than him
I'm supposed to let him go
When I already watched him disappear?
But I know that it's not what you want to hear

I know you whisper that I'm fragile
You think I'll break beneath the pain
When you look at me I know all you see are holes where you think that he's missing
But inside me isn't empty
And maybe it's all grief, but then why should that change?
I may not be the one who died but that doesn't mean all of me is living

And you're scared I won't forget him
But you say it's better to remember and be forgiving
I don't know what to do!

(Chorus)
And I know that it's not what you want to hear
But the only thing real
Is this nothing I feel
For the years I spent growing with him
You say I have to let him go
But get scared that I don't keep him near

(Bridge)
I just want to feel all the bad things
Don't try to sterilize me with apologies and tears
At least when I lose myself sometimes
I know my unhappiness is mine
(Chorus)
So no, no, I don't want to hear
The unending replaying that
I'll be okay and
the promise that I'll make it through
Don't ask me to find comfort in you

I don't need to remember
And I don't need to move on
I know that I'm made up of more than the person I lost