

Therapy Session

NF

Yeah, I got off stage like a month ago
I was talking to fans
And one of them pulled me aside and said
"We never met but I swear that you know who I am
I been through a lot
I don't know how to express it to people
Don't think that I can but I got that mansion CD on rotation
That's real for me Nate, you do not understand"
It's crazy for me
Kids hit me up, say they slitting they wrists on the daily
This music is more than you think
Don't book me for just entertainment, it's entertaining
Hearing these parents, they telling their kids
My music is violent, you gotta be kidding me
I guess that your definition of violence and mine
Is something that we look at differently
How do you picture me ah?
Want me to smile, you want me to laugh
You want me to walk in the stage with a smile on my face
When I'm mad and put on a mask, for real though
I mean, what you expect from me?
I'm tryna do this respectfully
They say that life is a race
I know my problems'll probably catch up eventually
I do my best to be calm
How you gon' write me and tell me you slaughter my family?
That's just a glimpse to the stuff that get sent to me
These the parts of my life that'll never see, woo
I am aware it's aggressive
I am not here for acceptance
I don't know what you expect here
But what you expect when you walk in a therapy session? Therapy, therapy session
Therapy, therapy session This girl at the show looked me in the face
And told me her life's full of drama
Said that her dad is abusive
Apparently he likes to beat on her mama
I got so angry inside
I wanted to tell her to give me his number
But what you gon' do with it right?
You gon' hit him up then he'll start hitting her harder
That's real
These kids, they come to my shows

With tears in they eyes
Imagine someone looking at you
And saying your music's the reason that they are alive
Sometimes, I don't know how to handle it
This type of life isn't glamorous
This ain't an act for the cameras
You see me walk on these stages but have no idea what I'm dealing with after it
I put it all in the open
This is the way that I cope with all my emotion
I'm taking pictures with thousands of people
But honestly, I feel like nobody knows me
I'm trying to deal with depression
I'm trying to deal with the pressure
How you gon' tell me my music does not have a message
When I'm looking out at this crowd full of people I know I affected?
Ah, I got some things in my life, I know I should let 'em go
Let me jot it down, let me take a mental note
I put it all in this microphone, think about that for a minute What is the point of this song, I'm
just venting but what you expect from a therapy session? Therapy, therapy session
Therapy, therapy session What you think about me
That doesn't worry me
I know I handle some things immaturely
I know that I need to grow in maturity
I ain't gon' walk on these stages in front of these people
And act like I live my life perfectly
That doesn't work for me
Christian is not the definition of a perfect me, woo
I ain't the type to be quiet
I ain't gon' sit here in silence
If I wouldn't say what I say to your face
Then I promise you I wouldn't say it in private
I am not lying
People go off on my page and I'm trying to quit the replying
But this is ridiculous
I'm passionate man, I really mean what I'm writing
You want me to keep it 100? Okay, I'll keep it 100
I see a whole lot of talking on socials
But honestly, I don't see nothing in public
I kinda love it, yeah
"Why don't you write us some happy raps?
That would be awesome
All your music is moody and dark, Nate"
Don't get me started
You wanna know what it's like if you met me in person?
Listen to my verses
This music is not just for people Who sit in the pews and pray at the churches
I won't reject it
I don't expect everyone to respect it
I don't expect you to get my perspective

What you expect from a therapy session? I mean, I think sometimes people they confuse what

I'm doing

I write about life, I write about things that I'm actually dealing with

Something that I'm actually experiencing, this is real for me

Like this is something that personally helps me as well

I'm not confused about who gave me the gift

God gave me the gift and he gave me the ability to do this

And he also gave me this as an outlet

And that's what music is for me

When I feel something, whether it's anger

Um, it's a passion about something, or frustration

Like this is where I go, this is, that's the whole nfrealmusic thing man

This is real for me, I need this, this is a therapy for me

Lyrics provided by <https://www.songlyrics.band/>