

Rock Bottom

Written and Composed By: Anthony Holloway

Verse

You felt steady when my world spun fast
Something built forever, meant to last
I leaned so hard on you and nowhere else
Didn't know that I was losing myself

Pre-Chorus

Somewhere between holding on too tight
I lost my reflection in your blue eyes

Chorus

You were the one I could always count on
The one I ran to when my world went wrong
I called you my rock when life got hard
Never once thought we'd fall apart
I hit the wall and just kept on droppin'
Turns out you were my rock bottom

Verse

I started losing pieces of myself
Caught myself blaming everybody else
Couldn't look a single soul in the eye
'Cause they could see right through my lies

Pre-Chorus

Somewhere along all those sleepless nights
I quit believing my "I'm alrights"

Chorus

I didn't know that girl inside the mirror
'Cause even your touch didn't feel familiar
I needed saving, I needed help
But I was too gone to save myself
I hit the wall and just kept on droppin'
Turns out you were my rock bottom

Bridge

Turns out letting go set me free
Rock bottom brought me back to me
Ain't it funny what a heartbreak does?
Made me stronger than I ever was

Chorus

I found the pieces that I thought were gone
'Cause moving forward isn't moving wrong
These days I'm sleeping just fine alone
Finally made this broken heart my own
Done with the walls, done with droppin'
Turns out you were my rock bottom

Outro

Rock Bottom ... It's only up for me