

Count to Ten

Words and Music by Lisa Litman
Copyright, 2001, JCCA

Sometimes you have to hold on,
 You have to pull back,
 You have to count to ten.

Sometimes you have to slow down,
 Take a new track,
 And start again.

How are you going to know,
What is right and what is wrong?
How are you going to keep control,
When the feelings get too strong?
How do you know which path to take,
When there's so much at stake?

Sometimes you have to...

Once in a while you get so mad,
That you just want to fight.
You think that you can get your way,
If you try with all your might.
But what does it really show,
When you just let it go?

Sometimes you have to...

Who do the sages say,
Are the ones who are so strong?
Not the ones who can lift more weights,
Or even sing my song.
They're the ones who take the greatest strides
In cooling their insides.

Sometimes you have to hold on,
 You have to pull back,
 You have to count to ten.

Sometimes you have to slow down,
 Take a new track,
 And start again.