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Amanda Cunningham
from the chair



Thank yous

Thank you so much to my Bae (Matt Shaffer) for being so supportive, dealing with my crazy so calmly, and to also helping me take the cover photo of this EP and making that process fun and full of cat-photobombing. Thank you Monk (Gwen Cunningham) for being such a mirror into my own issues and helping me try my best not to pass my own issues onto you I'm working on being the best I can for you <3. Thank you to Chris Clarke for being so amazing during this production process and helping me find my vision for this debut EP. Thank you to all the people that hurt me to teach me the hard lessons I learned. I might not have learned them without you and that pain. Took a while for me to be able to see silverlinings and to see the part I played in situations—Thank you for that. Thanks to the therapists that helped me along the way as well, also a little thanks to Leopro for that bit of time to help me figure out what more "normal" feelings were. Thank you to Cari Cole for helping to learn the art of songwriting and being true to me as an artist.

I promise I'm not always sad but this EP was about all the healing and things I've processed to get to where I'm the ball of sunshine I am now :)

that's my baby, Gabriella, that I've had since I was a kid. I gave her to my daughter to have. She put marker on her and ruined her face...kids can't be trusted...



I Was Weak

Production by Chris Clarke / Mixed by Carl Bahner / Mastered by Nicholas Di Lorenzo /
Written by Amanda Cunningham

Realized today
this destruction is my fault
I was waiting for you to save me

Telling myself now
I can't expect a devil
to raise me up to heaven

Flash before my eyes
the first time yours met mine
I was begging for you to save me

Telling myself now
I can't expect a drowning man
to raise me up from the water

Telling myself now
I can't expect a devil
to raise me up to heaven

I was weak
And you made me feel like I was
complete
I was weak
And you made me think we were
playing for keeps

Telling myself now
I can't expect a drowning man
to raise me up from the water

Princess in a sick fairytale
Castle in flames denying help
Now I'm laying in the ashes

I was weak
And you made me feel like I was
complete

I was weak
And you made me think we were
playing for keeps

I was weak
And you made me feel like I was
complete
I was weak
And you made me think we were
playing for keeps

Always had excuses
For all of your aloofness
accepting whatever you told me

Ignoring all the signs
That you weren't mine
Didn't want to be embarrassed

I was weak
And you made me feel like I was
complete
I was weak
And you made me think we were
playing for keeps

Sometimes you turn a blind eye to red flags because you so desperately want something. But if you just took the blinders off and healed whatever wound you're nursing you'd see true colors and save yourself from a lot of heartbreak. Hard lessons learned.



Pattern

Production, Mixed, & Mastered by Michael Tinker / Written by Amanda Cunningham, Miranda Glory, & Cari Cole

Didn't know I had to be fun
That I always had to keep it hype
Didn't know I had to be on
At all times like a light

Didn't know that I couldn't cry
That it'd scare you outta my life
Didn't know I had to sacrifice
And play nice, all the time

Is it me or does this always happen
Must be something cuz I keep attracting
All these people who ain't here for me
All these people who don't care for me

I say it doesn't matter
But it's turned into a pattern
I been wasting all my time
On people who love wasting mine
I say it doesn't matter
But I need to break this pattern
Been wasting all my time
On people who love wasting mine
I gotta break this
Pattern
Pattern

I guess I should've learned my lesson
Instead I keep on reinvesting
So much of my precious time
But real is so damn hard to find

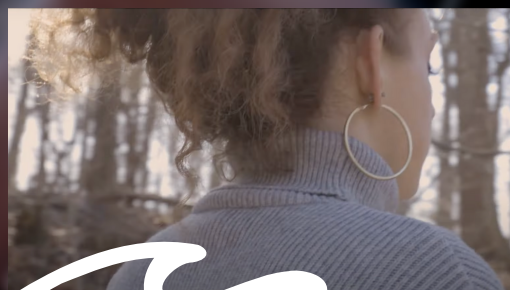
Is it me or does this always happen
Must be something cuz I keep attracting
All these people who ain't here for me
All these people who don't care for me

I say it doesn't matter
But it's turned into a pattern
I been wasting all my time
On people who love wasting mine
I say it doesn't matter
But I need to break this pattern
Been wasting all my time
On people who love wasting mine
I gotta break this
Pattern
Pattern

I don't really wanna repeat repeat
Gotta stop I gotta break free break free
Need someone to hold it down for me
That won't give up so damn easily
I don't really wanna repeat repeat
Gotta stop I gotta break free break free
Don't know why this keeps on
happening
Maybe I should look inside of me

I say it doesn't matter
But it's turned into a pattern
I say it doesn't matter
But it's turned into a pattern
Wasting all my time
On people who love wasting mine
I say it doesn't matter
But I need to break this pattern
Wasting all my time
On people who love wasting mine

Gotta break this pattern
Pattern, pattern, pattern pattern
Gotta break this pattern
Pattern



Sometimes you realize
you're the pattern and you
need to break the bad
pattern you've created to
become a better you. Get
rid of the excuses as best
you can



Running

Production by Chris Clarke / Mixed & Mastered by Jarrett Nicolay / Written by Amanda Cunningham & Jarreau Williams

I worry that I worry too much
I tell the voices to shut up
But they never listen
So I just let them talk

Running running
Running running
Running running
Stay running

x2

Always saying that I'm not enough
Nothing I do will measure up
They're so persistent
And sometimes they're all I got

Voices in my head
Voices in my head
Voices in my head
Stay running

x2

x2
Voices in my head
Voices in my head
Voices in my head stay running

I worry that I worry too much
I tell the voices to shut up
But they never listen
So I just let them talk

x2
Running running
Running running
Running running
Stay running

Running running
Running running
Running running
Stay running

x2

x2
Voices in my head
Voices in my head
Voices in my head
Stay running

Voices in my head
Voices in my head
Voices in my head
Stay running

x2

Taken little pills without luck
I guess I'll always be stuck
but I've learned to turn down to
make them not so loud

Running voices in my head
Stay running

x2
Voices in my head
Voices in my head
Voices in my head stay running

Voices in my head
Voices in my head
Voices in my head
Voices in my head stay running

I worry that I worry too much
I tell the voices to shut up

*Tell those mean voices in
your head to shut up.
They bring nothing to
the table but negativity.*



Once Upon a Time

Production by Chris Clarke / Mixed & Mastered by Jarrett Nicolay / Written by Amanda Cunningham

Once there was a boy
Not yet a man
Told a girl he loved her
And kissed her by the hand

Well winter thawed to spring
Spring bloomed to summer
And that's when he decided
He'd try & find someone better

Once upon a time
Love begins and sometimes it dies

Once upon a time
A little girl believed she'd need a man
to feel complete

The girls hair was flowing
In the autumn wind
tears had all dried by then
she smiled once again

stopped feeling sorry
for herself in the end
cuz finally she realized
she could love herself instead

Once upon a time
Love begins and sometimes it dies
Once upon a time
A little girl believed she'd need a man
to feel complete

No ones stuck in a tower
there no dragons to battle
no sleeping curse to break
only self love to celebrate

Once upon a time
Love begins and sometimes it dies

Once upon a time
Love begins and sometimes it dies
Once upon a time
A little girl believed she'd need a man
to feel complete

a little song about how
thinking you're a princess in
need of saving isn't how the
story should end. you can
save yourself <3

