

# Calm Down

Joe Budden

[Intro]

Calm down... calm down...

Baby just calm down...

(Calm down... )

She use to tell me to... calm down...

Moms use to tell me to... calm down...

Baby just calm down...

She use to tell me to... calm down...

Moms use to tell me to... calm down...

(She would pray that I would) Baby just calm down...

Calm down...

[Budden Verse 1]

Look, I was such a lost soul, just wanted to be down with something

Look at your son now mommy I amounted to something

You couldn't figure out, what I had messed with the streets for

Cause you saw my genius without a SAT score

I took drugs and laced it with things

But you a addict yourself,

For you I was people, places and things (how the fuck you thought)

Angeldust use to have me in the hallways twurked

I tried to hide it, but Visine didn't always work

I needed someone to blame in my mind

I thought if you and dad never used dope I would a came out fine

And so I hit you hard when you threw in advice

Like what I want to talk to you about you ruined my life

You the reason why I ended up a con and I knew it

The reason I filled my body with that bombin' fluid, mommy

You the reason that my life's gone illegal

The reason I'm kinda different, don't think like normal people, not calm

[Chorus]

She use to tell me to... calm down...

Moms use to tell me to... calm down...

(Use to pray that I would) Baby just calm down...

You gotta hold your head up cause we gone make it

She use to tell me to... calm down...

Moms use to tell me to... calm down...

(You got to understand what I was going through)

Baby just calm down...

Everything's gonna be alright

She use to tell me to... calm down...

Moms use to tell me to... calm down...

(But a nigga wouldn't) Baby just calm down...

You gotta hold your head up cause we gone make it y'all[Budden Verse 2]  
Listen... ain't shit like seeing your moms crying on the floor  
Knowing you the reason why she ain't a'ight no more  
But so young, I was like whatever  
You use to chase me through the house with the knife like get your life together  
Fucking drugs, how could I ever amp on you  
And what made me think that I could lay my hands on you  
I'm not surprised that you mad at me  
Much as you hated my father, your youngest son is just like his daddy  
Mommy I live life rude, how could you not understand it  
On the same note I'm just like you  
I got moms sensitivity, my fathers balls  
His humor, his g, and my heart is yours  
Fuck school, cause I had my major  
Come to grips that it ain't so much the drugs, it's the addict behavior (no)  
Was it the dick charge, the cut that came with it?  
Wasn't really the smoking, but the rush that came with it (wasn't calm people)[Chorus]  
She use to tell me to... calm down...  
Calm down...  
(but a nigga wouldn't) Baby just calm down...  
You gotta hold your head up cause we gone make it y'all  
(do it with me people) Calm down...  
Calm down...  
(try to understand it) Baby just calm down...  
(those kind of things) Everything's gonna be alright  
Calm down... (just bare with me for a... for a brief moment y'all)  
Calm down...  
Baby just calm down...  
You gotta hold your head up cause we gone make it y'all[Budden Verse 3]  
I felt so alone, I had a crew, but so what  
Then when Angela stabbed me guess who showed up  
And when people said I'd always be ill and twisted  
And when the therapist had told us that the pills would fix it  
Was sick of being sick, I was finally hurt  
With all the praying that you did ma, it finally worked  
God gave you a son back, I won't offend you again  
Won't let the disease turn me against you again  
Use to be high as ever, (but I) Joey Jr. got his life together  
As a result, now we tighter than ever  
So blessed, so grateful to be seeing tomorrow (see the whole world)  
That's why I can't take a drink, not if even a swallow  
I can't picture me twisted, like what I'm a do now  
Haters I can't stop yet, my mothers to proud  
Secure now, don't need to be down with nothing  
Look at your son now mommy, I amounted to something  
I'm so calm[Chorus]  
Calm down...  
Calm down...  
(but a nigga wouldn't calm down) Baby just calm down...

You gotta hold your head up cause we gone make it y'all (hold up)  
She use to tell me to... calm down...  
(Use to pray that I would) calm down...  
(But I couldn't, I couldn't, couldn't do it) Baby just calm down...  
(Nothing heals like time people) Everything's gonna be alright  
(Understand that) calm down...  
Calm down...  
(Fucking miracle) Baby just calm down...  
You gotta hold your head up cause we gone make it y'all  
(They said I wouldn't reach 21 y'all... I'm still standing)Calm down...  
Thanks ma...  
Calm down...  
I couldn't do it without you  
Calm down...  
Calm down...  
You are appreciated  
Calm down...  
Fa sho...  
Calm down...  
It's a slow process y'all  
One day at a time though... to get beautiful

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