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What if I told you
Everything's not okay
I'm stuck in my mind
Got to get out of here
What if I told you
Every smile that I fake
I think my face is gonna break
[Chorus 1]
What do I do
The world keeps on weighing me
What do I do
When the pressure keeps pushing me
Pushing me
[Chorus 2]
Emergency, emergency
My whole life breaking down in front of me
Emergency, emergency
Emergency, emergency
The pressure on my body makes it hard to breathe
Emergency, emergency
Someone get me out of my head
Can you feel my body shaking
I can feel my body shaking
I didn't want to tell you
(tell you, tell you)
I have a great cry everyday before lunchtime
(just before lunch time)
Huh, now I'm gonna tell you
Every couple minutes the world is gonna end
In my mind
[Chorus 1]
[Chorus 2]
Someone get me out of my head
[Chorus 2 (2x)]
Someone get me out of my head
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