Wake up
If he only calls past 2 AM
And you still
Wait up
If he's too broke to pay his rent
And you still
Make up
Really dumb excuses to your friends
Clearly you just wanna play pretend
Not again, not again

If I could go back in time And change my mind And save me the heartbreak Tell me he's not the one Girl, you should run It's a fuckin' mistake

Cause it's not love it's just a new distraction
Self sabotage is sex like it never happened
In his dirty apartment
He's not the best
He's a regret
Stop cryin' over someone
Who's ignoring your texts
Cause it's not love it's just a new distraction
You should put the phone down

Lied to my therapist
Said I cut him off
Just to save me the embarrassment
Swore I would marry him
But really I was just okay with settling

If I could go back in time And change my mind And save me the heartbreak Tell me he's not the one Girl, you should run It's a fuckin' mistake

Cause it's not love it's just a new distraction
Self sabotage is sex like it never happened
In his dirty apartment
He's not the best
He's a regret
Stop cryin' over someone
Who's ignoring your texts
It's not love it's just a new distraction
You should put the phone down

He's such a loser
Girl, you're just losing it
I know the truth hurts
But he's a piece of shit
He's such a loser
Girl, you're just losing it

I know the truth hurts
But he's a piece of shit

Cause it's not love it's just a new distraction
Self sabotage is sex like it never happened
In his dirty apartment
He's not the best
He's a regret
Stop cryin' over someone
Who's ignoring your texts
Cause it's not love it's just a new distraction
You should put the phone down

He's such a loser
Girl, you're just losing it
I know the truth hurts
But he's a piece of shit
He's such a loser
Girl, you're just losing it
I know the truth hurts
But he's a piece of shit