

# Self-Isolate

ALINA

My neighborhood street that I walk on alone  
The palms of the trees are dying from the cold  
I'm wearing some shoes that I have far outgrown  
Reaping what I've sown

The sky looks so different, the air feels so thin  
Could be repercussions from this funk I'm in  
My friends said I'm distant, we haven't talked since  
I guess I've always been

So afraid of disappointing anyone  
I'd almost rather sit and do nothing instead  
I tend to self-isolate  
Some call it sabotage, but being alone seems to help shed some weight  
The fall won't be far at this rate

The dark, empty halls of this house I call home  
In my room I seek refuge, hide from the unknown  
Very well might regret this when I'm grown  
I'm sure I can atone

Stare up at my ceiling as relationships fade  
Wonder how much differs from if I would've stayed  
I sit and consider the mess that I've made  
I can't help the way I'm...

So afraid of disappointing anyone  
I'd almost rather sit and do nothing instead  
I tend to self-isolate  
Some call it sabotage, but being alone seems to help shed some weight  
The fall won't be far at this rate (ooo-woah)

I tend to self-isolate (I can't help)  
Hitting rock bottom's my fate (I can't help)  
Can't help but self-isolate  
As I'm on the come down  
Oo woah  
And there's nobody around

If I scream, does it even make a sound?  
Ooo woahh  
Sitting in my lonesome  
Oh woah oh  
Self-inflicted torture

No one to blame except me and my pain  
I'm over this shame  
But I can't help but self-isolate