Early in the morning
I still get a little bit nervous
Fighting my anxiety constantly
I try to control it
Even when I know it's been forever
I can still feel the spin
Hurts when I remember
And I never wanna feel it again

Don't know if you get it
'Cause I can't express how thankful I am
That you were always with me
When it hurts I know that you understand

I don't wanna lose control Nothing I can do anymore Trying every day When I hold my breath Spinning out in space Pressing on my chest I don't wanna lose control

Sometimes I still think
It's coming but I know it's not
Trying to breathe in then out
But the air gets caught
'Cause even though I'm older now
I know how to shake off the past
I wouldn't have made it
If I didn't have you holding my hand

I don't wanna lose control Nothing I can do anymore Trying every day When I hold my breath Spinning out in space Pressing on my chest I don't wanna lose control

I need you to know
I would never be this strong
Without you
You've seen how I've grown
You took all my doubt
'Cause you were home

I don't wanna lose control Nothing I can do anymore

I don't wanna lose control
Nothing I can do anymore
Anymore, anymore
Trying every day
When I hold my breath
Spinning out in space
Pressing on my chest
Tiston Telsmanna Tose control