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I been pouring out and it's been difficult
Yeah, I been giving everything I got
Sometime I just wanna stop, but I should listen too
'Cause lately I been looking for something
Been pouring from nothing
I know that it sound like I'm just going off
I can't even keep my focus
Get wrapped up in other things
Wish I could explain to you what's going on
Three dots on your phone
I know you wanna know
And lately I been pushing your buttons
I'm here but I'm struggling
I'm running on empty, that's why
I can't give love until my cup is full
I'm gonna fill up until my cup is full
I know that this might make you uncomfortable, yeah
But I'ma be stuck
'Cause I can't do us until my cup is full, oh
I can't give love until my cup is full
I'm gonna fill up until my cup is full
I know this might make you uncomfortable, yeah
But I'ma be stuck
'Cause I can't do us until my cup is full, oh, yeah
I can't forget me 'cause I'm not just anybody
If I don't help me, I can't help nobody, ooh
Spirit is restless, need to find some peace about it, oh
If I don't help me, I can't help nobody, oh
I can't give love until my cup is full
This cup is full
I'm gonna fill up until my cup is full
I know that this might make you uncomfortable, yeah
Might make you, yeah
But I'm gon' be stuck
'Cause I can't do us until my cup is full, oh, yeah
But I can't give love until my cup is full
I'm gonna fill up until my cup is full
I know this might make you uncomfortable, yeah
But I can't be stuck, so I'm gon' full up, yeah, yeah, yeah
I won't be stuck, 'cause I'm gon' fill up, yeah, yeah, yeah
I won't be stuck
I'm gon' fill up
I can't do us, yeah, yeah
I can't do us, yeah
Nah, I won't be stuck
'Cause I'm gon' fill up, yeah
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