

Disconnected

Anna Clendening

I'm out of my body
And stuck in my head
Watch my hands move on their own, I'm numb again
And people keep talking
I'm nodding my head
But I couldn't tell you one thing that they said

Oh, everybody's asking me if I'm okay
And every time I never know what I should say

I guess I'm here but I don't know where my head is
I wish I cared but I'm too damn apathetic
Oh, why am I so numb, around everyone I love?
I guess I'm here but I feel so disconnected

Just know that I'm sorry
I've been someone else
And I know that's hurting more than just myself
And so I keep trying to work on my health
But no matter what I do it doesn't help

Oh, everybody's asking me if I'm okay
And every time I never know what I should say

I guess I'm here but I don't know where my head is
I wish I cared but I'm too damn apathetic
Oh, why am I so numb, around everyone I love?
I guess I'm here but I feel so disconnected
I guess I'm here but I don't know where my head is
I wish I cared but I'm too damn apathetic
Oh, why am I so numb, around everyone I love?
I guess I'm here but I feel so disconnected