

Help

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I'm prideful but I'm deep in denial
Thinking I could rely on nobody else, I'd be good by myself
I build my walls up, thinking I couldn't be touched
But I held in way too much and I tried to hide from judging eyes

Now I'm slowly sinking, caving, try to fight it but I can't breathe
Chest is heavy, hands are numb, I'm tired but I can't sleep
Choking on my pride, my tongue is tied and now I find myself reaching out for help
I could really use your help right now
Fight or flight, I feel I don't know how to stand on my own or which way to go

I'm waiting but I'm losing my patience
Heavy heart, I can't take it
The weight of it is weighing on me, I'm trying to be okay

But I'm slowly sinking, caving, try to fight it but I can't breathe
Chest is heavy, hands are numb, I'm tired but I can't sleep
Choking on my pride, my tongue is tied and now I find myself reaching out for help (help)
I could really use your help right now (I could really use your help right now)
Fight or flight, I feel I don't know how to stand on my own or which way to go

Did I wait too long to ask?
Is it too late to call you back?
I've had enough, I feel like letting go

Help, I could really use your help right now
Falling under and I don't know how
Help, I could really use your help right now
Fight or flight, I feel I don't know how to stand on my own or which way to go

Help (I feel I don't know how to stand on my own or which way to go)
I need (I need), I need (I need), I need help
I need help