Not feeling well today Scared to do mistakes Nobody seems to understand They're all just the same

What am I supposed to do
Have to be nice
While I'm broken inside
Things in my head messin' it through

I overthink a lot
In so many things about
It hurt so bad I can't help it
I cried out every night
My pillow hold me tight
All the pain keeps reaching me inside
Can't run, it keeps pullin' me down

How?

Nobody seems to understand They're all just the same

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Running alone feels like there's no way home Keepin' my distance to all of the people I know Just wanna know how

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How? How?