Lately, right now I feel like it's all over Cause I've been trapped inside my head for so long I'm sorry, I should've called when I was sober Some days I get scared to be alone

I, I'm blacking out
And I can't help it
I, I scream and shout
And I can't help but
Sleeping with the light on every night
I can't stand my bedroom, I put blankets on the couch
Woah, it's killing me, I'm burning up inside
Woah, I'm a mess right now and I'm just freaking out
I'm seeing sounds, I'm freaking out

Oh, I'm freaking out Oh, I'm freaking out

It's stupid, but I'm better off when I'll stay quiet Cause I push away all the ones that hold me close I'm losing my mind, oh yeah, I just can't take it, no I'm in the corner, yeah, I'm bleeding on the ropes

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Oh, I'm freaking out
Oh, I'm freaking out
I'm freaking out, I'm freaking out

Freaking out, oh
I'm freaking out, oh
I'm freaking out