

## Early Onset

### Arm's Length

You say you can't stand being alone with your thoughts  
But is it just me, or do you do that a lot?  
You keep yourself busy by going on walks  
Discover new ways you'll escape  
As you start to feel safe

Can't stay in one spot, no dream destination  
Is it self-sabotage or self-preservation?  
Whatever it's called, I put your favourite things into your cage  
To distract you from getting away

Why stay worried for what you can't control?  
Said you'd be nothing if not held responsible

If you're missing me more than I know  
Then why won't you fill me in?  
That wasn't a joke, but you can't take me serious

Well, I do it to cope  
And I hate that you know  
Does it make it less funny  
When there are dark undertones?  
It helps having you here, we're filling the air  
Laughter is medicine when shit gets severe

You're the cure for Alzheimer's, that makes memories appear  
You are carefully observed

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Said you'd be nothing if not held responsible  
But you halt my whole world, spin it backwards  
And stretch from pole to pole  
Back to when natural disasters were still as natural

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