

# Muscle Memory

Arm's Length

Struggling to finish the stories I tell  
An extra pillow to prop me up when I'm unwell  
You are always up in arms  
But it just made sense to me

Was feeling sorry for myself because I can't see clear  
Find it tough to forgive when you're so self-aware  
Can you spell it out for me  
Until it's muscle memory?

You wrote off your pride  
And I wrote you a letter  
If you have the time  
I wish you'd live forever  
The cloud in your head  
Is changing the weather

And how I come across  
Looks better on paper  
I can't tell apart sooner from later  
It's the type of loss that can swing in your favour

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And I wrote you a letter  
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Depersonalized, or simply self-centered?

And how I come across  
Looks better on paper  
I can't tell apart sooner from later  
It's the type of loss that can swing in your favour (Your favour)

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