

Please help me forget  
I'm drowning in regret  
And the place in my head that I need to get  
Hurts better than this

I am frozen in your frame  
I am paralyzed and can't escape  
Because my reflection leaves a stain  
That you can't wash out and you can't erase

Don't look away  
This is what I look like everyday

Please help me forget  
I'm drowning in regret  
And the place in my head that I need to get  
Hurts better than this

'Cause I have gotten good at digging graves  
The part of me you loved I've locked away  
And now, my reflection is turning grey  
Is it too far to reach or am I just afraid?

Don't look away  
This is what I look like everyday

With all candor, I'm loved  
Trust me I know it, but I can't feel it at all  
I feel so alone  
It's like a cancer, I know  
Since I was young it's just grown and grown and grown  
I don't know where to look, don't know where to turn, I don't know where to go

So please help me forget  
Please help me forget  
Please help me forget  
Please help me forget  
I'm drowning in regret  
And the place in my head that I need to get  
Hurts better than this

Please help me forget  
Please help me forget  
Because the place in my head that I need to get  
Hurts better than this

Don't look away  
This is what I look like everyday