There's a hand on my shoulder
And it's pushing down on the light I knew before
It all feels much heavier now
Spent a lot of time thinking
It was all gonna come easy
I lost touch with the ways I'd been working
Learning how I was gonna get after it all
But when the words don't come
I've got nothing to fall on

Then it feels like I'm losing
But in a different way
Than I have in the past before
I was in control until now

Thought it would be much simpler, less profound Something I could wrap my arms around Like the thoughts I was having two years ago now It took the best of me to let them lay her body down And I can't find a simple way to explain somehow

Well, I can't seem to hold it
All the space I made left with my pride when it walked away
And I wouldn't bet on it coming back today

I'm always telling these sad stories
About the ones who always let me down
And the list just keeps getting longer the longer I'm around
Sometimes I wonder if I should've stayed down in that southern
town
Where the air felt so thick I was afraid I might drown in it

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