

# Same Effect

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My therapist told me that I, I think too much  
And I'm still thinking about that  
And then she said, said that I'm good  
At taking a step  
One step forward  
And then two steps back  
And I lie there half awake, stare at ceiling  
While she explains it to me  
Gives me her reasons  
My therapist is your biggest fan  
She mentions your name when I haven't asked  
And I bet she's loving  
You're pulling me right back

And I had to leave  
The distance sucks, but every time we speak

You have the same effect  
As the first day we met  
I swear (Mmm, mmm)  
And I know we made a mess  
But can we make amends?  
Are we there yet? (Mmm, mmm)

Madeleine says I'm pretty bad at letting it all out  
So she's coming over, and making me talk now  
And now I'm convinced that everyone has a person they can't see  
Someone they say they hate  
But never wanna change

And I had to leave  
The distance sucks, but every time we speak

You have the same effect  
As the first day we met  
I swear (Mmm, mmm)  
And I know we made a mess  
But can we make amends?  
Are we there yet? (Mmm, mmm)

I've got our songs in my head  
And a knot in my chest  
While I'm reading your texts again

'Cause you have the same effect  
As the first day we met  
I swear (Mmm, mmm)

Mmm, mmm  
Mmm, mmm