

I can't seem to hold on to reality  
'Cause these thoughts keep moving me  
I'm stuck in my feelings  
Trying to keep my life from falling to this hole  
I dug myself beneath the ground

Don't want to push you away  
But sometimes it feels like I was made that way  
I want to break them off today  
'Cause I'm not alright and it's not okay

All theses years these scars remain  
I pull them open just to fell the same  
It's so hard to resist  
And hard to refrain  
Throw this smile on and try to maintain

I can't understand why no one  
Knows me like you do  
And why my life won't seem to move

I can't understand when I try to push  
You away when you've done nothing  
But love me

Don't want to push you away  
But sometimes it feels like  
I was made that way  
I want to break them off today  
'Cause I'm not alright and it's not okay

All theses years these scars remain  
I pull them open just to fell the same  
It's so hard to resist  
And hard to refrain  
Throw this smile on and try to maintain

I see you standing on the edge  
Of this ledge trying to find me  
I hate who I am, cause I almost left you  
And fell away

All theses years these scars remain  
I pull them open just to fell the same  
It's so hard to resist  
And hard to refrain  
Throw this smile on and try to maintain