I think we need to talk
And get some things off my chest
You've always been in control
Claiming that you know what's best
But since I've gotten older
I kinda wanna know what
Life's like minus you
Life's like minus you

I got invited to a party, it's next week
And they've asked me if I could come alone
I've always wondered what I'm like when it's just me
What if I let them see me in a beanie
And a white tee, and oversized jeans
Would they recognise me? Mmh
Without my anxiety (oh-oh-oh, oh-oh)
Without my anxiety (oh-oh-oh, oh-oh)

Just hear me out
Don't think I'm not scared of this too
I know it's always been me and you
And I'm not kicking you out (I'm not kicking you out)
But since I've gotten older (older, older)
I kind of wanna know what life's like minus you
Why do you always get to choose when I live here too?

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Without my anxiety

I can't wait to be Without my anxiety I can't wait to be Without my anxiety I can't wait to be Without my anxiety I can't wait to be Without my anxiety Without my anxiety