

Getting Better

Chase Coy

I can't turn the TV on because the world is ending
I signed up for therapy so I could stop pretending
I don't know how I ever got this far

If I'm being honest I get stuck on all the wrong things
I can't keep a promise and I can't control my mood swings
I don't even know what these things are good for

But I'm getting better
At finding ways to keep these thoughts at bay
Yeah, I'm getting better
At finding ways to fix the things I break

I can't seem to be alone without catastrophizing
I can't entertain a thought without the fuse igniting
When I'm distant I don't mean to be

But I'm getting better
At finding ways to keep these thoughts at bay
Yeah, I'm getting better
At finding ways to fix the things I break

I'm getting better
I'm getting better
I'm getting better
I'm getting better

I'm getting better
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I'm getting better
At finding ways to keep these thoughts at bay
Yeah, I'm getting better
At finding ways to fix the things I break