

I Don't Feel Alive

Chelsea Cutler

Skin and bones
Stomach aches
Lucid dreams hold my breath when I'm wide awake
Connecticut
Dissociate
Maybe I should buy a house in a town upstate

If I could, I'd wake myself up when I am somebody that I'm proud of

I'm getting undressed for my lover
And praying she don't hate all my skin like I do
I'm reading books and drinking coffee
Stepping on a scale I keep in the bathroom
The water goes downhill, and still
I swim against the current with two arms that cannot fly
And I don't feel alive, no I don't feel alive

Telehealth
TV episodes
Swallow seeds, but the fruit never seems to grow
Validate
What I know
What I believe in and everywhere I wanna go

If I could, I'd wake myself up when I am somebody that I'm proud of

I'm paying three different psychologists
Trying to remember who I told what story to
I'm writing feelings in a journal
Cause that's what people who have their shit together seem to do
The water goes downhill, and still
I swim against the current with two arms that cannot fly
And I don't feel alive
No I don't feel alive

I keep coming up for air and ending up with water in my
I keep coming up for air and ending up with water in my lungs

I'm learning how to set my boundaries
How to have compassion for myself and for my mind
I'm turning off my fucking cell phone and trying to have honest conversation
s in real life
The water goes downhill, and still
I swim against the current with two arms that cannot fly
And I don't feel alive
No I don't feel alive

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