

Body Language

Covey

So here's to you
To getting older
And burning out
Type two bipolar

Here's to sleeping in
Till it's 2pm
Here's to hoping
It will be okay
In the end

I'm no better than my self worth terror
It's an outrage
It's an outrage baby
I need something better than a last ditch effort
It's an outrage
It's an outrage baby

So here's to everything
I wish I'd said to you
And all the times that I knew I would never follow through
Here's to running away
Like I've been saying since the day that all my friends just disappeared
I guess that's part of getting older

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I wanna be content
In complacent solitude
As I write down my daily list of bullshit gratitude
I hate what I love
And love to hate when I'm scared
Scared when love becomes safe
So I just throw it away

Do I live in extremes
Or somewhere half between
The downward spiral of my mental health
Since I was seventeen

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