(Stop)

Every second that I wanna do the things I wanna do
Gotta tell myself to slow it down and try to keep it cool
I just gotta disconnect myself so I can see it through
Battle in my head that I just try to keep away from you (Stop)

Every second that I wanna do the things I wanna do
Gotta tell myself to slow it down and try to keep it cool
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Battle in my head that I just try to keep away from you (Stop)

You know I want to know what's been on your mind I like to do things on your time and my time Lately, I've been on the brink, in the moment Breathing too heavy to think

Small situations I tend to think over Every extreme that I hold on my shoulders Maybe I should start to think of enjoyment Maybe it's all in my head (Hold up)

Oh (Stop)
Oh (Stop)
Oh, dun-dun, dun-dun (Stop)

Every second that I wanna do the things I wanna do Gotta tell myself to slow it down and try to keep it cool I just gotta disconnect myself so I can see it through Battle in my head that I just try to keep away from you

Every second that I wanna do the things I wanna do Gotta tell myself to slow it down and try to keep it cool I just gotta disconnect myself so I can see it through Battle in my head that I just try to keep away from you

I'ma say something, you'll say something too
And if I say I love you, then you gon' say it too
There's never been a question, I prayed and you're my blessing
You know my brain could be the reason that I'm always stressing

Mental implosion, always in motion
I always try to keep collected like some baseball cards
But when the wind blows, I'm out the window
I always make the wrong moves when I'm out of tempo

Oh, oh, oh (Hold up)
Oh, oh, oh (Stop)
Oh, oh, oh (Stop)
Oh, oh, oh (Hold up)
Oh, oh, oh, oh
Oh, oh, oh, oh
Oh, oh, oh, oh
Oh, oh, oh (Go)