

Took a pill to forget you
Put an ocean between us that I tried to drink
Threw up everything
Spinning out in a strange room
Where your voice is slowly dripping down the walls
I can't think it all
Catch me
On a good wave
I'm unphased
But it's always on the worst days
The worst days I'm

Lost in this little hell
Always hanging out by myself
I'm a mess and you're doing well
Just sinking like I'm set on drowning
Further into the swell
Forever stuck on this carousel
Spinning deeper into myself
I'm buried but it keeps me grounded

Took a while to regret you
Took a while to regret everything I did to you
But it's an awful truth
That it's so easy to catch me
On a bad wave
In the same phase
That I find myself on the worst days

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I'm spinning out, going nowhere
I'm spinning out, going nowhere
I'm spinning out, going nowhere
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