Ghosting Myself

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To all my friends, that I'll be there if you ever need me
Can't say the same words to myself even when I'm bleeding
I'll break the plans, I break too easy
Maybe next time I'll feel my feelings

I, I
Telling myself that I'm strong

I don't know why
I'm always ghosting myself
Should love me more than anyone else
But still, no matter how hard I try
I'm always ghosting myself

I disappear, I leave the room, I burn out slowly
Hide from the world, hide from my thoughts, hiding gets lonely
I let my memories slip in, fading
I'm getting tired of dissociating

I, I
Ooh, and sometimes it hurts to be strong

I don't know why
I'm always ghosting myself
Should love me more than anyone else
But still, no matter how hard I try
Drowning still hold us for help
I really put me through hell

I, I
Ghosting myself
Hm, hm-mm
I, I
(Ghosting myself every day)