

I woke up - depressed as fuck
I wanna sit around and tell you how it sucks
How it's hard to walk with spaghetti legs
And a mind that's freaking out about the world we're in
I feel like quicksand's
Sucking me down to my last limb
I'm at the bottom of the ocean and I can't swim
I'm at the bottom of the ocean
And I might just quit

I keep the TV on to drown out the sound
My mind is way too loud
My mind's way too loud
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My mind is way too loud
My mind's way too loud
Shh

Went to bed feeling sick again
I try to stop the voices in my head
Holding on tight while my room spins
Take a deep breath as the fear sets in
I love distractions
Taking my mind off of life 'cause
Everything thing about it makes me anxious
Every single day I try to cope with it

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TV on, TV on, TV on, TV on
Drown it, drown it, drown it, drown it
Don't turn off the TV please