

I self-sabotage, self-medicate, self-camouflage
Self-isolate, I just really wish
That the voices in my head would go and talk to
Someone else instead, but they don't want to

I'm a little late to the party
I'm a little late to the starting line
I could give a hundred different reasons
Why I don't believe in myself, deceiving myself, I mean it

Never felt less than right now, yeah

Why can't I feel good
Without feeling so bad?
Why can't I feel happy
Instead of feeling so sad?
'Cause I self-sabotage, self-medicate, self-camouflage
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I guess I'm a little stuck in the past
Every mistake I make, yeah, it takes me back to
A mess like the first time I felt love
From a boy who always told me I would never be enough, yeah
'Cause I was always different but I hid it well
There was something missing but you couldn't tell, I was in the middle
Of a breakdown, wait now, everybody slow down
I don't wanna talk about this right now

Why can't I feel good (I just wanna feel)
Without feeling so bad? (I don't wanna feel that)
Why can't I feel happy (I just wanna feel)
Instead of feeling so sad? (I don't wanna feel that)
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I just wanna feel
'Cause I'm the one who's always gonna follow you
I just wanna feel
Just wanna pretend to be all fine

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Why can't I be happy
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