Lying low, losing sleep, get caught up in the moment I tend to be a little uneasy in busy bars and quiet cars Pour myself a drink to clear my head Killing any brain cells I have left Always gotta be so dramatic it's a habit Acting tragic, caught up in the moment

Feeling numb, hiding out, get caught up in the moment

Am I even speaking, can anybody hear me? Screaming in my head or outloud

Is there space in my mind

Running through conversations all night

Leaving me restless will I ever get this

Still caught up in the moment

Tear the plaster off of these halls
Take a sledgehammer to these walls
Pour the kerosene
Let the neighbors see
This whole house up in smoke
There isn't any space left in my mind
Caught up in the moment every time
Burn it to the ground
Nothing but ashes now
What a mess I make

Rage grows all alone when it's unattended Who to blame, who knows
But if it's gonna be me then

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Burn it to the ground
Nothing but ashes now
What a mess I make

Hearts racing, I'm craving
Something that'll bring relief
Something that will set me free
Forgive me, it's not easy
Facing all the disarray I caused
Looking through everything I lost
Caught up in the moment
Caught up in the moment

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