(I have these conversations)

I wanna sleep
But no, I'm not tired
My head and my heart are at war
And I'm stuck in the crossfire
I wanna scream
But I got no air
The thoughts in my mind racing down 105
Going nowhere

Now it's 2 AM, looking at the ceiling Existential crisis mode All alone, feeling all my feelings Hanging out 'til the stars go home

I have these conversations
In my head, in my head at night
I make things complicated
For myself, for myself, I'm like
Wow, I question everything
No, nobody's listening
When I have these conversations
In my head, in my head at night

I wanna run (Run)
Oh, and dye my hair red (I wanna dye my hair)
Wanna dress up to kill, for a date, for a thrill
Out of my head

Now it's 3 AM, looking at the ceiling Existential crisis mode All alone, feeling all my feelings Hanging out 'til the stars go home

I have these conversations
In my head, in my head at night
I make things complicated
For myself, for myself, I'm like
Wow, I question everything
No, nobody's listening
When I have these conversations
In my head, in my head at night

And they just won't stop

I have these conversations
In my head, in my head at night
I make things complicated
For myself, for myself, I'm like
Wow, I question everything

No, nobody's listening When I have these conversations In my head, in my head at night

(It's only in my head)
(Always in my head at night, it's in my bed)
(Always in my bed at night, it's in my head)
When I have these conversations (Always in my head at night)
(It's in my bed)
In my head, in my head at night (Always in my bed at night)

(That's cool, I like that one)