Down & Out

Free Throw

Sleepless in bed
I've never been so restless
Body feels like lead
And I can't try
To lift my sheets, my strength has all faded
Like leaves left to the wind when they fall down
They float away and decay on unknown ground

And I feel like a candle left to melt
And soon becomes a mess of wax upon the shelf

I feel that I'll peel back
The sheets someday and show my face in the crowd
Until then I'll just stay down and out
I swear that this wasn't
The way that things were ever meant to go down
I'm scared that the wicks burned down and out

I wait and
Procrastinate existence
Yeah, that's an understatement
So I just try to sedate myself, it helps
When everything you say is so profound
To try to motivate a brain dumbed down
By gaining no ground
Translation so drowned out

And I don't wanna be a candle left to melt
It's true, I'm trying every day to love myself
But I still have trouble with self-maintenance
At times I never wanna see my face again
And I can see I still need help, I still need help

I feel that I'll peel back
The sheets someday and show my face in the crowd
Until then let's just say I'm down and out
I swear that I'm working
To not be scared my candle's wick has burned out
To say that I'm worth it and sound it out

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