

## Caught in a Loop

### Headstones

Well, caught in the distance  
Did I die in my sleep  
Did I finish my sentence  
Or was I grinding my teeth  
Can I hold on forever  
With anxiety dialed  
Dialed up to the doorway  
Can I doctor a smile

Lost in the distance  
It's a mask I wear so well  
Thousand yard stare  
But it's my mind crawling through hell  
Another day goes by that ain't mine  
Another day passing me by

Caught in the loop  
I ain't here to bide my time

I ain't lost in the system  
I ain't biting my tongue  
It ain't stuck in my throat  
With everything I've done  
I've been playing so nicely  
Trying to sleep through the night  
And I won't live forever  
Just by closing my eyes

Caught in the distance  
It's a mask I wear so well  
Thousand yard stare  
But it's my mind crawling through hell  
Another day goes by that ain't mine  
Another day passing me by

Caught in the loop  
But I ain't here to waste my time

And I can't take my finger  
Off the pulse of the night  
It's the realization  
I can't adjust to the light  
I could never tread lightly  
Could hardly breathe  
It was killing me slowly  
It used to be the morphine

Another day goes by that ain't mine  
Another day passing me by  
Caught in the loop  
But I ain't here to bide by time

Well, we don't live forever  
Try to sleep through the night  
Does it ever get better  
Just by closing my eyes  
There's no absolute quiet

It's a darkness so bright  
It's the realization  
I can't adjust to the light