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

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