Picked myself up from the dirt Right before I said it's supposed to hurt Just like a lesson I never fucking learned I need a witness

Is this the thanks I get? (Is this the thanks I get?) I have to learn to forget

Spare me everything in your head (There's a reason you're alone)
Barely ever making any sense
(We were lost for way too long)

So when you bite your tongue and act like it's permanent Ah

Let myself become the worst
Then I saw it was not what I deserve
Just like a lesson I never fucking learned
You're gonna feel this

Is this the thanks I get? (Is this the thanks I get?) I have to learn to forget

Spare me everything in your head (There's a reason you're alone) Barely ever making any sense (We were lost for way too long)

So when you bite your tongue and act like it's permanent Change your tone but no one's really buying it

I need to learn to forget
I need to start again
I never felt the regret
I never felt so alive, alive, alive
I never felt so alive, alive, alive
(Bring the chorus back)

Spare me everything in your head Barely ever making any sense Spare me everything in your head (There's a reason you're alone) Barely ever making any sense (We were lost for way too long)

So when you bite your tongue and act like it's permanent Change your tone but no one's really buying it I can't say that anybody gives a shit

Is this the thanks I get?
I have to learn to forget