It's taken two different therapists
To tell me what to do to help me wrestle with
The bar I set for love and what I do with it
I want it so bad
But I'm bad at it
Used to love a Friday night in Malibu
Now I never go because I think of you
Never meant to ruin it but you always do
I can't get away, get away from you

Oh, and somewhere There's a balance in self-care And wanting someone to be there Is it normal to be scared?

'Cause I should hate you
Probably do
But I don't want to
All I do is forgive you
Is it normal that I do?
Everyone I love is worried
All you've ever done is hurt me
And it hurts me to love you
Is it normal that I do?

I've gotten so good at recovery
Reading all the books and doing everything
Even give advice like I know anything
But I'm so afraid to heal that it's breaking me

Oh, and somewhere there's a balance in self-care And wanting someone to be there
Is it normal to be scared?

'Cause I should hate you
Probably do
But I don't want to
All I do is forgive you
Is it normal that I do?
Everyone I love is worried
All you've ever done is hurt me
And it hurts me to love you
Is it normal that I do?

(Nah-nah-nah, normal)
(Tell me I'm normal)
(I know I'm normal)
(So tell me I'm normal)

Is it normal to lie
To all my friends every night?
Is it normal to try
To tell myself I'm alright?
Is it normal to say
That I still want you that way?
And is it normal to stay
In case you come back some day?

I should hate you
Probably do
But I don't want to
All I do is forgive you
Is it normal that I do?
Everyone I love is worried
All you've ever done is hurt me
And it hurts me to love you
Is it normal that I do?

(Nah-nah-nah, normal)
(Tell me I'm normal)
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