

Messed Up

Icon for Hire

Look kids, I got a career
Putting dumb things from my head into your ears
Me and my issues, we've seen the world
Turns out everybody's weird
My therapist is sick of me
And I think I might be too
I write songs about my mental state
Step back and look for clues

Not sure what to make
When so many can relate
Make this music for my brain
But you all feel the same
My therapist is sick of me
So what's a girl to do?
Throw my hands up in the air
Tell my problems all to you

And I'm messed up but I'm trying to love myself
I guess my head's bad for my health
I'm stuck with me, I might as well
I'm messed up but I'm trying to love myself
Woah woah
Love myself
Woah woah
Love myself

Life is a journey (get lost)
Nothing can hurt me (deep thoughts)
Scared to be happy so we hitting
Positivity toxic, I guess we forgot
When it's done properly it helps a lot
Everything in moderation, oh god
Hitting rock bottom is part of the fun
Climb your way up, show the world how it's done

Not sure what to make
When so many can relate
Making pretty things from pain
Learning how to be ok
My self pity is sick of me
But I know what to do
Throw my hands up in the air
Sing along with all of you

And I'm messed up but I'm trying to love myself
I guess my head's bad for my health
I'm stuck with me, I might as well
I'm messed up but I'm trying to love myself
Woah woah
Love myself
Woah woah
Love myself

Me and my friends at emo night
Crazy we still feel the vibe
All these years, nothing's changed

Too many feelings, can't complain
Pretty soon, we'll be fine
All grown up, just in time
Midlife crises, brace yourself
Just trying to learn to unhate ourselves

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I guess my head's bad for my health
I'm stuck with me, I might as well
I'm messed up but I'm trying to love myself
Woah woah
Love myself
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Love myself