

# Self Sabotage

Katie Pruitt

I wish my head had a trap door  
For when I need escaping  
Can't live with myself anymore  
Feels like I'm suffocating

Tight spaces, breathing in exhaust  
Spiraling in negative thoughts  
Hostage duck taped in the garage  
A master of self sabotage

I don't I don't know how to let somebody know  
I try to scream but fear has got me by the throat

And I was talking to a friend  
About my situation  
He's been exactly where I've been  
Familiar isolation

A basket case for days on end  
A prison of comparisons  
Hostage duck taped in the garage  
A master of self sabotage

I don't, I don't know how to let somebody know  
I try to scream but fear has got me by the throat

Gaslit by my mirror  
Makes me wish that I was someone else  
I know I can't love her  
Until I decide to love myself

I don't I don't know how to let somebody know  
I try to scream but fear has got me by the throat

And so the plot thickens again  
I'm both villain and victim  
Drunk on lonely entitlement  
Wanting someone to listen

I'm screaming from the inside-out  
Hover above then come back down  
I'm not some narcissistic god  
Abandon this self sabotage  
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