

I woke up and she's mad at me
 'Cause I'm overdramatic, see, I lose my touch
 My temper gets the best of me
 Like I'm my own worst enemy, I just can't flush
 All of these thoughts out of my head
 I need a place where I can go and forget
 All of the things I've done and I've said
 I need an escape 'cause I just can't take it, oh-oh, ooh

I should fly to L.A.
 Stay for just a few days, work on myself, yeah
 Or maybe go to Washington
 Drink and just get lost again and worsen my health
 'Cause I'm a monumental mess
 And all the tightness in my chest
 Is just a sign I should reset
 Yeah, I just need to find a place to rewind
 Though I should fly to New York tonight

I'm looking back at all the conversations
 It's taking a whole lot to say this
 And it hurts that it's your heart that I'm breaking
 But I can't make it through if I'm fakin'
 And I knew that I told you that I might need help
 So, how am I supposed to love you when I don't love myself?

Yeah, the city is colder, maybe I just get older
 And forget what I told you
 Turn a gateway into a stay and pray
 That someone will be there to hold you
 Then, you can call them yours
 And they'll be better than I was before

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 Stay for just a few days, work on myself, yeah
 Or maybe go to Washington
 Drink and just get lost again and worsen my health
 'Cause I'm a monumental mess
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So, I've been thinking that I should fly to L.A.
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 Or maybe go to Washington
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