

Aftermath

Lauren Spencer-Smith

How did I become the toxic one?
I keep on tryin' to unlearn
The person I've become
Why did I ignore all of the signs?
You went from someone I admired
Someone I despise

Thought leaving you'd be easy
But what's good is never easy
And now I'm stuck in therapy

So I changed everything that you hated
Hurt me, then convinced me I was wrong
Only kissed me when I had my make-up on
And I caved
Instead of running, I waited
For you to care enough to fix yourself
Ain't it ironic, now it's me that needs the help?
So even when I'm fine
I can't tell
If I'm happy or I'm sad
'Cause no one ever talks about the aftermath

Guess it's normal when you're sad to speak your mind
They won't tell you that you're crazy
They might even say they're sorry
I'm supposed to stay connected to my friends
I can have a fight
Doesn't have to be the end

I knew you were the problem
Now I'm the one with problems
So I'm still stuck in therapy

So I changed everything that you hated
Hurt me, then convinced me I was wrong
Only kissed me when I had my make-up on
And I caved
Instead of running, I waited
For you to care enough to fix yourself
Ain't it ironic, now it's me that needs the help?
So even when I'm fine
I can't tell
If I'm happy or I'm sad
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Yeah, even when I'm fine
I can't tell
If I'm happy or I'm sad
'Cause no one ever talks about the aftermath