

Let Light Be Light

Lizzy McAlpine

My brain feels heavy like too much TV
It's weighing on me like a pound of concrete
I know he wants me and that makes me happy
So why do I feel so weird?
It's foggy in my head, like clouds in a storm
The wind's pickin' up, I'm boltin' my shit to the floor
But when I'm with him, my shit gets ignored
Is that why I feel so weird?

I'm alone almost every night
And I don't know if I'm processing right
But my therapist says to just let light be light
So I'm letting him stay around
I think that he's good for me
This boy that I've found

I don't like getting attached
It makes me feel like I've done something bad
'Cause I'm not dependent, and I know that
So why am I scared I'm reliving that part of my past?

'Cause I'm alone almost every night
And I don't know if I'm processing right
But my therapist says to just let light be light
So I'm letting him stay around
I think that he's good for me
This boy that I've found
Oh, I think that he's good for me
This boy that I've found

Is this what it's supposed to feel like?
Is this what it's supposed to feel like?
Is this what it's supposed to feel like?
Is this what it's supposed to feel like?

'Cause I'm alone almost every night
And I don't know if I'm processing right
But my therapist says to just let light be light
So I'm letting him stay around
I think that he's good for me
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This boy that I've found, mmm