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Talkin' in my sleep at night
Makin' myself crazy
Out of my mind, out of my mind
Wrote it down and read it out
Hopin' it would save me
Too many times, too many times
My love, he makes me feel like nobody else
Nobody else
But my love, he doesn't love me, so I tell myself
I tell myself
One, don't pick up the phone
You know he's only calling 'cause he's drunk and alone
Two, don't let him in
You'll have to kick him out again
Three, don't be his friend
You know you're gonna wake up in his bed in the morning
And if you're under him, you ain't getting over him
I got new rules, I count 'em
I got new rules, I count 'em
I gotta tell them to myself
I got new rules, I count 'em
I gotta tell them to myself
I keep pushin' forwards, but he keeps pullin' me backwards
Nowhere to turn
Nowhere to turn
Now I'm standing back from it, I finally see the pattern
I never learn, I never learn
My love, he doesn't love me, so I tell myself
I tell myself
I do, I do, I do
One, don't pick up the phone
You know he's only calling 'cause he's drunk and alone
Two, don't let him in
You'll have to kick him out again
Three, don't be his friend
You know you're gonna wake up in his bed in the morning
And if you're under him, you ain't getting over him
I got new rules, I count 'em
I got new rules, I count 'em
I gotta tell them to myself
I got new rules, I count 'em
I gotta tell them to myself
Practice makes perfect
I'm still tryna' learn it by heart
I got new rules, I count 'em
Eat, sleep, and breathe it
Rehearse and repeat it, 'cause I
Oh ey, oh ey...
One, don't pick up the phone
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You know he's only calling 'cause he's drunk and alone

Two, don't let him in
You'll have to kick him out again
Three, don't be his friend
You know you're gonna wake up in his bed in the morning
And if you're under him, you ain't getting over him

I got new rules, I count 'em