

Tattoos & Therapy

Madilyn Bailey

I've got this self destructive energy
Text my ex and regret it immediately
End up in somebody's bed and wake up hating me, hating me

Scrolling through my phone
God knows how many hours
It's been at least a couple days since I've taken a shower
Biting my nails, my room is a mess
And I know exactly what's coming next

I've got this cabin fever
Wanna dig myself down deeper
My alter ego is a grim reaper
But staying home is so much cheaper

I've got this self destructive energy
Text my ex and regret it immediately
End up in somebody's bed and wake up hating me
Instead I'll get tattoos and therapy

I've got a crash and burn kind of tendency
Call my mom, pick a fight
Buy some shit I don't need
And I could skip this hangover that'll last for a week
Instead I'll get tattoos and therapy

Water in my cup but I wish it was stronger
I've got to keep myself together just a little bit longer
I'm standing right on the edge, the tensions a thread
And I know exactly what's coming next

I've got this tantrum temper
Finger on a hairpin trigger
My alter ego is a buzz killer
Don't want to be the one to tell her though

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I'm starting to spiral
I'm checking my vitals
Oh oh
The panics attacking
I'm overreacting
Oh oh
Feels like I'm dying
I wake up and I'm fine then
I'll do it all again tomorrow though

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