You ask me "how are you" And it kinda makes me wanna die I don't wanna say what's on my mind It's T.M.I, T.M.I, T.M.I I know if I tell you You won't look at me the same That's why it's bottled up inside It's T.M.I, T.M.I, T.M.I I hate myself I look in the mirror and start to cry Stupid self sabotage every time T.M.I I think I'm the worst Criticize everything 'til it hurts If you knew me better you'd like me worse T.M.I On my way over I wrote a script of what to say It's what you wanna hear but it disappeared When I looked at your face Went something like I'm good, I'm great, I'm really really great Been blessed these days, you know I can't complain It's all lies, it's all lies cause what I wanna say Is T.M.I, T.M.I, T.M.I I hate myself I look in the mirror and start to cry Stupid self sabotage every time T.M.I I think I'm the worst Criticize everything 'til it hurts If you knew me better you'd like me worse T.M.I Bet you wish you never asked Sorry if I made you sad At least you know now where I'm at Now we can't go back I hate myself I look in the mirror and start to cry Stupid self sabotage every time T.M.I I think I'm the worst Criticize everything 'til it hurts If you knew me better you'd like me worse T.M.I