

Every time I smile  
You say it's a been while  
But last night when I was drinking  
I wasn't thinking and I was fine  
In fact, I felt alright  
But I know you never get to see that side

And I'm just really sorry  
That you even have to be around me  
Cause I'm up and I'm down  
I'm lost and never found  
And I think you know that now

I'm numb  
Then I feel everything at once  
And I'm low  
But then I'm having so much fun  
Then I'm high  
And that's when I start to cry  
Then you're gone  
And I can't blame anyone  
No, I can't blame anyone

I know these feelings aren't real  
But all these things they help my mind stand still  
And even if it's only temporary  
It feels nice to be a little empty

And I'm just really sorry  
That you can't help me  
Cause you try and you try  
And I see it in your eyes  
But nothing can make this fine

I'm numb  
Then I feel everything at once  
And I'm low  
But then I'm having so much fun  
Then I'm high  
And that's when I start to cry  
Then you're gone  
And I can't blame anyone  
No, I can't blame anyone

And I can't blame anyone  
And I'm numb  
And I'm numb  
And I'm numb