

Gut Punch

Nick Jonas

I think my hair stopped growing, is that even a thing?
Haven't lost any other, but something ain't the same
Maybe it's a metaphor, is it even that deep?
I think my hair stopped growing, or is it me?

I called Phil a couple times
He's probably sick of me
He said, "Go easy on yourself"
But what does that even mean?
Sounds like good advice
But I just can't hear it right now

Hit me like a gut punch
I hurt my own feelings
How did I get so good at being mean to myself?
I should turn the heat down
Tell myself to chill out
Damn, I really hate the way I talk to myself

Hit me like a...
Hit me like a...

When I held you, I was still trying to be perfect
People-pleasing, is it ever really worth it?
Fake-smiling just to pass the time
It's the only way to be in good mind
Looked at myself and I can't even recognize
Who I am behind those eyes, one big disguise

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Now, what would it be like
If I just tried being nice
To the person that I'm seeing in the mirror? Yeah
If you find that inner child
Haven't seen him for a while
Let him know he's doing fine

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