

Woke up in the same clothes I wore yesterday
My head is pounding now, I lost my phone again
And I found a gray hair and I thought about
When my dad was my age, he was married by now
And sometimes I wonder how things would turn out
If I stayed in school, never left my home town

I don't do the things I'm supposed to
Overthinking, underfocused
Emotional roller coaster
Keep it all on my shoulders
Hoping no one will notice
I'm no good at getting older

Last year I almost threw in the towel
I was tired of suits telling me what to write about
Yeah, but then I remembered the girl from Rhode Island
Who said that our music saved her life, and
I'm not a saint but I still talk to Jesus
I hope he knows that I really mean it

I don't do the things I'm supposed to
Overthinking, underfocused
Emotional roller coaster
Keep it all on my shoulders
Hoping no one will notice
I'm no good at getting older

I called my dad one night when I was a wreck
He said, "At your age, I was a mess"
So don't let it all weigh down on your shoulders
Things will work out the way they're supposed to
It's just part of getting older