

AFTER THERAPY

NOAHFINNCE

Stranger in the room and I don't know what to say
And I don't know what to do but I'm looking for a change
So I'm telling him the truth and it's written on his face
Yeah it's written on his face

I'm feeling twenty two and I'm already behind
And I'm talking like it's new but it's ten years on my mind
Not saying I'm doomed but I'm closer there than fine
Yeah I'm closer there than fine

Spill my guts out anyway
Can't be worse than yesterday

Life's not shitty, life's so great after therapy
I love playing hide and seek with my anxiety
Keep me talking I'll stop running from the things I don't understand
Take my money at least I'll get a little clarity
About how fucked I am

Yeah I got my hopes up and I'm underwhelmed
(I'm underwhelmed)
And I'm dodging landmines dropping bombshells
(Dodging bombshells)
And I don't wanna be this way forever
Thinking we'll be spending more time together

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About how fucked I am

Hey I don't know what I'm allowed to say
I could try and paint me in a better place
I could open up but it's not today
Try and save face but then I'm to blame

Guess that I'm a little less fucked up
But I'm broken
Guess I'm not as lost as I once was
Cos the jump feels good but the falling sucks

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I guess that I'm a little less fucked up
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