

Sometimes

Nova Rockafeller

I've a hard time buying into me
Call it self-hate, call it fucking disbelief
Mind running wild, I can't get it on the leash
And I used to drink away all this anxiety
But I'm grown now, drinking problems ain't cute
Walk around my house, don't know what the fuck to do
But I'll get outta bed if it's the only thing I do
Even if I come back here, today was not a lose

How am I? I feel like the dark
Velvet skies, lost amongst the stars
How are you? Can you feel the sun?
Tell the truth, am I the only one, one, one?

Sometimes I cry, no lie
I don't know what you want me to do
Sometimes I'm fine, don't cry
If I can do it, you can too

I keep telling me to go to hell
'Cause I know all my bullshit too well
I'm getting bored of my poor mental health
No more SOS, need to show up for myself
Can't see the sun, looking at the ground
If I keep getting lost then I'll never be found
Can't hear my thoughts, feelings screaming fucking loud
I wake up and I'm crushed by a cloud

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Tell the truth, am I the only one, one, one?

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I don't know what you want me to do
Sometimes I'm fine, don't cry
If I can do it, you can too

I hate this, can somebody save me?
Save me from myself
'Cause she's fucking crazy
Don't know what you want me to do

Sometimes I cry, no lie
I don't know what you want me to do
Sometimes I'm fine, don't cry
If I can do it, you can too

(How am I? I feel like the dark
Velvet skies, lost amongst the stars
How are you? Can you feel the sun?
Tell the truth, am I the only one, one, one?)