

Bad Thoughts

Rachel Platten

Breathe in... breathe out...

Can someone tell me I'm not going crazy
The thoughts in my head make me hate me
Maybe I'm too far from saving
Can someone check that the room isn't spinning
Seems like the oxygens thinning
The monsters in my head keep on winning

I'm bigger than the bad thoughts
I'm better than the way they make me feel
I won't let the bad thoughts take the wheel
I'm bigger than the bad thoughts
I'm brighter than the light they're trying to steal
So why do they feel so real

Breathe in... breathe out...

Sometimes I don't like the cards that I'm handed
Life can seem too hard to manage
I'm proud of myself for just standing
When light feels too real that the door shuts on reasons
Voice in my heads preys on my biggest weakness
I count my breath 1, 2, 3, 4

I'm bigger than the bad thoughts
I'm better than the way they make me feel
I won't let the bad thoughts take the wheel
I'm bigger than the bad thoughts
I'm brighter than the light they're trying to steal
So why do they feel so real
When I know they're not real

Breathe in... breathe out...

Just cause I think something don't make it true
Been here before but I've gotten through
Maybe not now but I'll be okay soon
Maybe not now but I'll be okay soon

I'm bigger than the bad thoughts
I'm brighter than the light they're trying to steal
I won't let the bad thoughts take the wheel
I'm bigger than the lone nights
I'm brighter than the light they're trying to steal
So why do they feel so real
I know they're not real
Bad thoughts aren't real

Imma be alright
Imma be alright
Imma be alright
Imma be alright

Imma be alright
Imma be alright
Imma be alright
Imma be alright

Imma be
Imma be alright
Imma be alright
Imma be alright
Imma be alright

Imma be alright
Imma be alright
Imma be alright
Imma be alright

Imma be alright
Imma be alright
Imma be alright
Imma be alright

Imma be alright
Imma be alright
Imma be alright
Imma be alright