I don't wanna go outside
The sun is so uninviting
I don't wanna call up my friends
Don't want no one to recognize me
I just wanna stay in bed
And keep to myself entirely
I need the silver lining
I need, I need

I always seem to take offense, don't listen to what they tell me I do it for self-defense 'cause I don't like the hang God dealt me I don't wanna make amends with all of the shit inside me I need the silver lining, whoa

Oh yes I do, oh yes I do, oh yes I do need help Don't wanna lose, don't wanna lose, don't wanna hurt myself I always do but it was gold underneath my shell Wish I could choose to let it go and just be myself

Scared of my own shadow
My old mistakes, they follow me
Every single place I go
My insecurities swallow me
That's why you can find me alone
Nose in my phone
Denying the things that I should know
That I should be glad
To have what I have
And not be afraid of that

Oh yes I do, oh yes I do, oh yes I do need help Don't wanna lose, don't wanna lose, don't wanna hurt myself I always do but it was gold underneath my shell Wish I could choose to let it go and just be myself

I wanna make a change in my life
But I don't know where to start
It's so hard to take that first step
Knowing you will fall
I need to lift the veil from my eyes
And see all that I got
I will find myself in these lines
I will find myself

Oh yes I do, oh yes I do, oh yes I do need help Don't wanna lose, don't wanna lose, don't wanna hurt myself I always do but it was gold underneath my shell Wish I could choose to let it go and just be myself