

18 plugged in and out of touch  
I think sometimes I think to much  
Self diagnosed with self sabotage

Because I wake up and check my phone before I even get to take a  
Breath and sometimes I wonder if I need a break from it  
Before I break from it

I don't wanna live my life on the internet  
I already smoke electronic cigarettes  
Been inside the last six months and I'm sick of it  
I need something real I need something real

I don't wanna live my life on the internet  
I just wanna go outside like a kid again  
I been here the last six months and I'm sick of it  
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Anxious  
Blankets over my head  
Scrolling, going on 3 AM  
Pass out just to do it again

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