Overthinking

Reverend and the Makers

Half 4 in the morning
And I'm all out of sync
As I endeavour to fall to sleep
I lay there panicking
It didn't come with a warning sign
Ambush in the darkness
It's there when I'm at my weakest
When I close my eyes

Every night I think I'm dying
Visualising something happening to you
And I'm scared a meteorite could hit the earth
I heard them say so on the news

I can't help but overthink
Break down everything
I'm imagining
What could go wrong again
Over, over, over, over overthinking and then
I'm imagining
What's in my head

Over and over
Over and over

The anxiety calling the moment I awake
And I helped trigger the warning signs
All throughout the day
Googling a symptom like it might lift the darkness
And wouldn't be ten times worse or wouldn't mean that I

Would ever think I'm dying
Or be visualising something happening to you
And of course intrusive thoughts
That really shouldn't matter cause me to

Doubt myself and overthink
Break down everything
I'm imagining
What could go wrong again
Over, over, over, over overthinking and then
I'm imagining
What's in my head

Over and over
Over and over

Over, over, over, over overthinking and then
I'm imagining
What's in my head