

These days are so cold  
I'm moving in slow motion  
No one is watching me drown  
My head out the window  
I'm still looking in though  
Trying my best to calm down  
New reality. Yeah

I don't feel like myself right now  
Have a little patience  
I don't feel like myself right now  
Have a little patience

Is it in the red  
Is it in my head  
Is it in my body or my mind  
Oh, my God

I can't even find a tiny strand to pull  
There's no stone unturned of flame unburned  
There's no page unread or lesson learned  
I tried it all. Yeah

These days are solo  
No strangers, just old ghosts  
My smile doesn't cover my frown  
Tethered to old hopes  
I float and I spin out  
I'm trying my best to come down  
To reality. Yeah

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I tried it all. Yeah