Like a song I've heard one too many times
Like the same old movie, you're always gonna make me cry
Just pain and trouble with a good disguise
Tryna start a fire, tryna steal my light

All you ever did was hold me back So now I'm never ever coming back But why? Tell me why (Hey)

You're stuck inside my head
And I just can't get you out
You're in my head (You're in my head)
I would rather think of anything instead
I try to fight it, but it's you
It's always you

You're stuck inside my head Stuck inside my head Why?

Like an old bad habit that I've finally beat Used to have to have it but now I'm finally free Like a lesson learned, another memory Yeah, you left a burn, but it's reminding me

All you ever did was hold me back (A-ha) So now I'm never ever coming back (A-ha) But why?
Tell me why (Hey)

You're stuck inside my head (Hey-hey)
And I just can't get you out
You're in my head (You're in my head)
I would rather think of anything instead
I try to fight it, but it's you
It's always you (It's always you)

You're stuck inside my head Stuck inside my head Why?

Maybe it'll just take time

For me to leave the past behind

But I'mma get you off of my mind

Cause I know that I got

Better things to think about

Than all the ways you dragged me down

But right here in this moment all I know is that I gotta know why

You're stuck inside my head (Ooh, ooh)
And I just can't get you out
You're in my head (You're in my head)
I would rather think of anything instead
I try to fight it, but it's you
It's always you (Hey)

You're stuck inside my head (Inside my head)
And I just can't get you out
You're in my head (You're in my head)
I would rather think of anything instead
I try to fight it, but it's you (It's you)
It's always you (It's always you!)

You're stuck inside my head Stuck inside my head You're stuck inside my head (Stuck inside my, stuck inside my) Stuck inside my head (Tell me, tell me why?)

You're stuck inside my head, my head You're stuck inside my head You're stuck inside my head, my head Oh, why?