

## Frame

Runnner

I spit the rest all down the sink drain  
While my morning colors fade out  
Into caffeinated ether  
A bad attempt to quiet down

And this week doesn't feel that different  
I stay up late for nothing good  
I kick myself for never sleeping  
I'm weighted down by all I should

But I don't know  
What I'm doing anymore  
I wanna be productive  
But I can't get up off the floor

And if you ask me  
How I'm feeling I'll just lie  
I see my best friends every weekend  
I'm fucking reading all the time

And I can't focus like I used to  
Your hurried lights all pitched in red  
I watched the train go by your window  
I'm having trouble staying present

But I don't want  
To talk about it now  
'Cause we can't keep this up forever  
So let's just let it all fall out

I'm radiating  
Angling from frame  
Drifting so aimlessly  
Sliding away

I'm radiating  
Angling away  
Moving on endlessly  
Falling from frame