

# Emotional

Sarah Barrios

You say it's too much  
That you need some space  
I'm not even surprised  
'Cause it's not the first time someone's  
Told me I need to change

My highs are too high  
Lost count of my lows  
'Cause I laugh till I cry and  
I cry all the time, I'm a mess

Tell me why  
Why am I so damn emotional?  
Afraid of myself  
'Cause I'm lovin' and hatin' with no control

So I say  
Take it, take it, take it easy  
Trying not to be so hard on myself  
But tell me why, why, why  
Why am I so damn emotional?

What can I do?  
It's just who I am  
Sometimes I love so hard  
That it pulls things apart and I  
I don't really understand

So many thoughts in my head  
I should think before I talk instead  
And I can't help but be  
Always ahead of myself

So I keep asking and asking  
Oh tell me, please tell me why

Why am I so damn emotional?  
Afraid of myself  
'Cause I'm lovin' and hatin' with no control

So I say  
Take it, take it, take it easy  
Trying not to be so hard on myself  
But tell me why, why, why  
Why am I so damn emotional?

Tell me why, why am I so damn emotional?  
Afraid of myself  
'Cause I'm lovin' and hatin' with no control

So I say  
Take it, take it, take it easy  
Trying not to be so hard on myself  
But tell me why, why, why  
Why am I so damn emotional?