

Messy

Sarah Barrios

I'm sleeping with my anxiety
I'm waking up with her telling me
Everything could go wrong
One step away from catastrophe
I know it feels like it's chasing me
I got nowhere to run

I won't leave my bed
Cus I'm overly obsessed
With all of my regrets and my flaws

All these thoughts are never ending
All my fears they get too friendly
Wish that I could be myself again
And clear the cobwebs out my head
But when my mind fills up with dread
It's hard to empty
It's too messy
It's too messy

Trust me I don't wanna be this way
I dye my hair but my mind won't change
I'll try anything
Too many feelings I can't throw out
I wanna let go, I don't know how
It's getting hard to think

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