Spending most of my days
Neither asleep or awake
I'm not sure how I could fully explain
How this could end and how it began
But I feel so scared inside of everything

So I run
Yes, I run 'cause I love the chase
And I plunge
Yes, I plunge in the same cynical way
And my heart knows it's not fair
But my body don't care
And my heart knows it's not fair
But I really don't care

It takes up most of my days
'Cause I'm stuck in my ways
My mind is the most fragile frame
My body aches and I'm a nervous wreck
Come Sunday mornings, come regret
Oh, come regret

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My heart knows it's not fair My heart knows it's not fair My heart knows it's not fair My heart

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