

She sits there in silence, she's too scared to speak  
Fighting off the violent thoughts inside her head this week  
She'll never run away from the memories  
Nobody can tell that she's suffering  
And she still gets dressed up, even though she's messed up

How many times is this gonna happen?  
Are we gonna cry alone in the bathroom?

No one knows, no one sees, but, I feel it tightening  
Baby, I wear it like a choker, I wear it like a choker  
In my bones, hidden deep, this anxiety in me  
Baby, I wear it like a choker, I wear it like a choker

I can't go anywhere without it, it's a part of me  
I just don't know how to recharge my social battery  
Kicking and screaming, thank god that you can't see it  
I'm dizzy from the feeling, I'm dying but still breathing

No one knows, no one sees, but, I feel it tightening  
Baby, I wear it like a choker, I wear it like a choker  
In my bones, hidden deep, this anxiety in me  
Baby, I wear it like a choker, I wear it like a choker

I wear it like a choker, I wear it like a choker

How many times is this gonna happen?  
When we cry alone in the bathroom?

No one knows, no one sees, but, I feel it tightening  
Baby, I wear it like a choker, I wear it like a choker  
In my bones, hidden deep, this anxiety in me  
Baby, I wear it like a choker, I wear it like a choker

(I wear it, I wear it)  
I wear it like a choker  
(I wear it, I wear it)  
I wear it like a choker