I know that look, your puppy eyes
Like your forehead has a vacancy sign
Swingin' a bag like the palm of a hand
Always late to the party 'cause you never want to land

Smilin' at strangers, it's normal behaviour
But it's new to me, I'm a life trainee
Screaming at carpets, please pardon my darkness
I'm present, not just here, for the first time this year

Is it just me
Or is everyone lost too?

What fazed me before leaves me cold and bored This sadness addict just couldn't hack it A life trainee, learnin' happy Let's be honest, I'm a work in progress

Your bedroom's not the same room Your next birthdays come all too soon I used to be so sure before I realised I knew nothin' at all

Is it just me
Or is everybody starin' at their shoes?
Is it just me
Or is everyone lost too?

What fazed me before leaves me cold and bored This sadness addict just couldn't hack it A life trainee, learnin' happy
Let's be honest, I'm a work in progress
But I'll solve it