

In My Head

Taylor Acorn

Does it feel safe in here
This isolated atmosphere
These four white walls around me ain't saying much
Maybe It's the lack of sleep at night
But I can't look me in the eye
Who even is she when did we fall out of touch

I would pray but I don't know how
I'm trying to find the words but they won't come out

So I'm here going through the motions living in my head
I don't really know if I'm alive or if I'm dead
Sorry if you speak, didn't hear a word you said
I'm going through the motions, going through the motions

If I could just get some space
To take a break from my own brain
I'd pack my bag with every last thing that I had
Oh but then the reality sets in
That maybe running won't change this
And I'm too scared to make changes anyways

So I'm here going through the motions living in my head
I don't really know if I'm alive or if I'm dead
Sorry if you speak, didn't hear a word you said
I'm going through the motions, going through the motions
It's not safe in here
I'm scared I'm gonna fucking lose it
Going through the motions living in my head
Living in my head, I'm living in my, living in my
Head hey-yeah
Head hey-yeah

Living in my head
Am I alive or am I dead
Living in my head
Am I alive or am I dead

Going through the motions living in my head
I don't really know if I'm alive or if I'm dead
Sorry if you speak, didn't hear a word you said
Going through the motions, going through the motions
It's not safe in here
I'm scared I'm gonna fucking lose it
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