Is it the clock on the wall
Or is it nothing at all?
Is it the rain on the window falling?
Is it the washing machine
That keeps on startling me?
Is it the sound of you not calling?

Who knows?
I don't
It's just the sound of being alone
It comes
It goes
It's just the sound of being alone

Too much of anything is never a good thing Is it a bad thing I'm good on my own? I could say anything, nobody's listening It's just the sound of being alone Oh, oh

Is it the voice in my head Or monsters under my bed? Or is it just another midnight siren? Is it the steps up the stairs Or someone that used to be there? Some illusion that the world calls silence

Oh, who knows
I don't
It's just the sound of being alone
It comes, it goes
It's just the sound of being alone

Too much of anything is never a good thing Is it a bad thing I'm good on my own? I could say anything, nobody's listening It's just the sound of being alone It's just the sound of Yeah

Oh I hate it, I hate it
I curse it, I blame it
For feeling like I'm losing my mind
I can't take it, can't take it
I'm lovely, I'm breaking
I really think I'm losing my mind
Oh, am I really losing my mind?

Is it the clock on the wall Or is it nothing at all? Is it the rain on the window falling?

It's just the sound of being alone It's just the sound of being alone