

Letting go of the words that I don't mean

It's been some time since I liked the way that I felt
Even when I was feeling up, I kept tripping over myself
I blame anxiety and the lies it likes to tell
That made me cold and insecure
But I won't hear them anymore

I scream and I scream till my throat bleeds
Letting go of the words that I don't mean
To get back to me
I just need to scream
Scream

I've let this linger for so long that it
Beat me, strapped me down and made itself at home
I'll get this out of me, the way I know I can
I just find a little space
Clear my head and I erase

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I'll get this out of me

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