

## Keep Me in My Body

The Color Morale

Turn me upside down like an hourglass  
Time is running out and too much time has passed  
Slipping through the fingers of calloused idle hands  
Grasping for a breath while choking on the sand  
Maybe I'm too scared to stand in my own skin  
Maybe I've become transparent

If I only have one life left to leave  
Get me out of my own head,  
but keep me in my body  
This is the lie that I believe  
Always blaming someone else,  
but I do this to myself

You're suffocating me with positivity  
But either way, it's still fucking suffocating  
I refuse to be what you want from me  
I can't be perfect,  
but tell me what the fuck is perfect anyways?

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but I do this to myself

It's okay to not be okay  
It's okay to feel this way  
It's okay to feel this way  
It's okay to feel this way  
I'd rather live than die this way  
I'd rather give than take away

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This is the lie that I believe  
Always blaming someone else,  
but I do this to myself

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It's okay to feel this way□