

Inside Out

The Script

Things are moving so fast especially in my mind
Depression and anxieties that I'll get left behind
And inside of me is scared but I'm just too afraid say
Maybe I'll whisper it to heaven or take it to my grave

Eyes closed like a blindfold
I'm searching in the dark
I'd trade one person like me
For a million Insta hearts

But I liked the world the way it was
I wish it stayed the same
But the thing that never changes is things are gonna change

They'll think I'm crazy if I say it out loud
And so I keep it in and push it all down
But all these feelings that are coming up now
I'm just tryna get my inside out
'Cause getting high it only makes me feel low
God, take the wheel because I'm losing control
Can someone help me 'cause I don't know how
I'm just tryna get my inside out

And using social media, that triggers OCD
Can't concentrate on anything, my heart's ADHD
I just try to avoid the doctors
I'm tryna dodge the pills
I'm longing for a listener
To decide for what is real
With government and politics
Which side do we align?
My family really needs me
But I just don't have the time

I loved it just the way it was
I wish it stayed the same
But the thing that never changes is things are gonna change

They'll think I'm crazy if I say it out loud
And so I keep it in and push it all down
But all these feelings that are coming up now
I'm just tryna get my inside out
'Cause getting high it only makes me feel low
God, take the wheel because I'm losing control
Can someone help me 'cause I don't know how
I'm just tryna get my inside out
Tryna get my inside out
Oh yeah

No, the drugs don't work, they just make it hurt
I'd like to cry but all my tears are dry
I pray and hope that this flame won't end
But I know that tomorrow we'll go again

We'll go again
We'll go again
Oh

We'll go again

Oh

The thing that never changes is things are gonna change

They'll think I'm crazy if I say it out loud

And so I keep it in and push it all down

But all these feelings that are coming up now

I'm just tryna get my inside out

'Cause getting high it only makes me feel low

God, take the wheel because I'm losing control

Can someone help me 'cause I don't know how

I'm just tryna get my inside out