

# Bad Idea

Theia

Here we go again, there's a hurricane in my head  
Cos of something someone said  
And I'm used to drawing red  
And here I go again, hearing noises in my mind  
Trying to numb what I feel inside  
Thinking pain will make it quiet

It's building up  
I've had enough  
Can't handle myself, so  
I lock the door  
Lay on the floor  
I think this will help but

Hold on a second, it's a bad idea  
Don't hurt yourself, it's a bad idea  
Breathe in, breathe out  
Just let it go  
You know it's not in your control  
Don't hurt yourself, yeah it's a bad idea

So many times I didn't wanna be alive  
It's too heavy in this life  
Am I strong enough to fight  
And how many times can I feel more alone  
Tired of my aching bones  
Need someone to hold me close

It's building up  
I've had enough  
Can't handle myself, so  
I lock the door  
Lay on the floor  
I think this will help but

Hold on a second, it's a bad idea  
Don't hurt yourself, it's a bad idea  
Breathe in, breathe out  
Just let it go  
You know it's not in your control  
Don't hurt yourself, yeah it's a bad idea

I came and I conquered  
Survived in the fire, I'm strong  
My pain is my power  
I don't have to fight on my own

Hold on a second, it's a bad idea (it's a bad idea)  
Don't hurt yourself, yeah it's a bad idea (it's a bad idea)  
Breathe in, breathe out  
Just let it go  
You know it's not in your control  
Don't hurt yourself, yeah it's a bad idea (it's a bad idea)  
Bad idea  
Breathe in, breathe out  
Bad idea  
Just let it go

Bad idea  
Breathe in, breathe out  
Bad idea