

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