

# I Don't Feel Good

Tom MacDonald

I don't feel good  
I can feel sadness in my bones  
I don't take pills I pro'ly should  
I wanna die, nobody knows  
I scare myself a lot  
There's a tightness in my throat  
The panic doesn't stop  
Feel like I'm becoming a ghost

I don't feel alright  
I don't feel safe when I'm at home  
I can't sleep at night  
I probably shouldn't be alone  
I'm too tired to fight  
I can't lie I'm feeling low  
I don't know what it feels like  
To be normal anymore  
Why am I like this? I used to be fine with the silence  
The volume on everything's set to the highest  
Afraid of the quiet  
I'm worried I'll hear from the Devil without all the noises to hide it  
I'm tryna ride it out  
Will I be fine? I have my doubts  
I'll just hide inside my house  
'Til it's time to find myself

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I don't feel okay  
I'm glad it doesn't show  
I feel so insane  
A pain I can't control  
My skin is feeling tight  
Tryna take it off like it's my clothes  
My head is feeling light  
My feet feel like they're stones  
I don't wanna cry  
But if I don't I might explode  
I don't wanna die  
I just need a second to reload  
I say I feel fine  
I really speak in code  
Act cool when I'm online  
I don't wanna be exposed  
I'm getting used to feeling like a human being  
All these stupid reasons, I feel gross  
I've been lucid dreaming, mood is ruined easy  
All these rumours eating at my soul  
Hit my head on the wall just to see if my nose bleed  
I think I'm killing me slowly

I just want you to hold me  
Everyone thinks they know me

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I feel ugly, yeah, yeah; I feel stupid, yeah, yeah  
I feel like this feeling will not go  
I feel fucked up, yeah, yeah; I feel hopeless, yeah, yeah  
I can feel it way down in my soul

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