

# Inside My Head

## Until I Wake

One by one, your words have torn me up  
I hear them ringing inside my head

To fall apart is a chance to rebuild  
At least that's what, I convince myself  
To come back stronger when I finally heal  
To feel contained and not afraid...  
Of things I can't change, I can't fix, I can't face

One by one, your words have torn me up  
I hear them ringing inside my head  
(Inside my head)  
Cut me down, I just need silence now  
Too many regrets sleep in my bed

It's starting to feel like I can't be helped  
At least that's what, I convince myself  
Reminders of a past I can't erase  
That make me sick, that I can't face

One by one, your words have torn me up  
I hear them ringing inside my head  
(Inside my head)  
Cut me down, I just need silence now  
Too many regrets sleep in my bed

Reminders of a past I can't erase  
Too many memories that make me sick!

Things I can't change, I can't fix, I can't face

One by one, your words have torn me up  
I hear them ringing inside my head  
(Inside my head)  
Cut me down, I just need silence now  
Too many regrets sleep in my bed

One by one (One by one)  
Inside my head  
One by one