

(A)tension

Versus Me

Will this ever stop or ever slow down?
I'm feeling trapped and I don't know how
To get out of my head and move on
Oh will this ever stop or ever slow down?
I'm feeling trapped and I don't know how
To get out of my head and move on
Oh will this ever stop?

This poisoned voice in my head just keeps on screaming
I try to block it out but my mind keeps on reeling
In the clutches of a midnight crisis
I'm crippled by where my mind is
I don't know where it came from yet
I know my inner voice is faceless

Will it ever stop controlling how I feel inside
How come when you need to snap out of something
It never happens until you snap?
Sometimes I get so worked up
I make myself sick

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To get out of my head and move on
Oh will this ever stop or ever slow down?
I'm feeling trapped and I don't know how
To get out of my head and move on
Oh will this ever stop?

It's been so hard to get back on my feet
With every step I take I'm feeling incomplete
Make me a better me
Who never conflicts a me that can make some sense of this
With the nights that last forever or the days that never quit
I will search for peace in every moment
(Every moment)

When there are days like today where I've somehow gone wrong
And I can't seem to see how I went off the deep end for so long
I can't seem to break away
If I'm lucky maybe time will find a way
To put behind me the moment that I went astray
If I find a silver lining everything will be okay

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To get out of my head and move on
Oh will this ever stop?

Time just keeps moving on my mind's in prison
This voice is poison in my head

Will this ever stop or ever slow down?
I'm feeling trapped and I don't know how

To get out of my head and move on
Oh will this ever stop or ever slow down?
I'm feeling trapped and I don't know how
To get out of my head and move on
Oh will this ever stop?

When everyday's like today
Where I've gone wrong (I can't break away)
If I'm lucky maybe time will find a way
(Everything will be ok)