

I gotta get this off my chest
I can't take this much longer
Make sure it's been said
I thought I was stronger

I'm unsure of this, I can't decide
How this has taken over my whole life
And don't try to stop me, don't tell me I'm okay
My life is exhausting, every day

I'm so tired of running myself in the ground
Reaching out for someone to save me now
I've lost control and I don't know how
I've lost the way and I can't get out
I'm going down

Take a blessing with the curse
I can't face this much longer
Think it's getting worse
What can't kill you, tries harder

I'm unsure of this, I can't decide
How this has taken over my whole life
And don't try to stop me, don't tell me I'm okay
My life is exhausting, every day

I'm so tired of running myself in the ground
Reaching out for someone to save me now
I've lost control and I don't know how
I've lost the way and I can't get out
I'm going down

My life is exhausting, pushed everything away
My life is exhausting

It's holding me hostage (pushed everything away)
My mind is so haunted (I'm not okay)
Heartbeat's racing
Hands are shaking (pushed everything away)
I'm not okay

And don't try to stop me, don't tell me I'm okay
My life is exhausting, and I'm going down
I'm going down

I'm so tired of running myself in the ground
Reaching out for someone to save me now
I've lost control and I don't know how
I've lost the way and I can't get out
I'm going down