

Emotional Rollercoaster

Vivian Green

Last night I cried, tossed and turned
Woke up with dry eyes
My mind was racing, feet were pacing
Lord, help me please, tell me what I have gotten into

Ran my three miles to clear my mind
It always helps me out
It's my therapy when I'm losin' it
Which is usually, hey

I'm on an emotional rollercoaster
Lovin' you ain't nothin' healthy
Lovin' you was never good for me (For me)
But I can't get off

This emotional rollercoaster
Lovin' you ain't nothin' healthy
Lovin' you was never good for me (For me, oh)
But I can't get off

Yesterday I told myself
I was gonna be okay
Gonna start a new day, truly happy
I was gonna take control of me

But eventually reality hit me
Mentally, physically, emotionally
And I opened my eyes and realized
That I was still bein' taken for a constant ride on
your

I'm on an emotional rollercoaster (Ooh, baby)
Lovin' you ain't nothin' healthy (For real, it's never
healthy for me)
Lovin' you was never good for me (Oh, but I can't get)
But I can't get off (Ooh...ooh...baby...)

Emotional rollercoaster (You got me goin' up and down)
Lovin' you ain't nothin' healthy (Oh)
Lovin' you was never good for me (Never good for me,
ah)
But I can't get off

So tired of you makin' love to me
Then disappearing so suddenly
Up and down it goes
And I'm so tired of you pacifyin' me
With promises you know that you'll never keep
Round and round it goes, I am on a

I'm on an emotional rollercoaster (Oh)
Lovin' you ain't nothin' healthy (Ooh, ain't nothin'
healthy 'bout it, baby)
Lovin' you was never good for me (Nothin' healthy
'bout it, baby)
But I can't get off (Oh, oh)

Emotional rollercoaster
Lovin' you ain't nothin' healthy
Lovin' you was never good for me
But I can't get off