

## In & Out

Aslyn

When a need can't be met  
When the table's been set  
When you've outplaced your bet  
When you cannot forget  
When you fall fast asleep  
And when you're staring at me  
When the switch can't be found  
You just wait to come back around

Help me out, help me out of my head  
Cause I've been staying around this bed and that ain't me  
I can't break it down, my faith is all that's left  
But faith don't feel that much when you're sleeping so far in  
In and out, in and out of my head

You've crossed the line and now you're scared  
All that's good's gone south of fair  
Still, you stay in that tree house  
Your pride would dare not come down  
And all your friends say, "Be smart."  
But your heart's feeling dumb  
Cuase your story's sticking out  
Like a beat-up, sore thumb

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In and out, in and out

When you can't feel the sun  
Cause you feel old and more undone  
And all your dreams say you're stuck  
And well, you dream them way too much  
How a joke'll leave so fast  
When a smile is out of gas  
What you'd give to turn around  
To get one foot out, out of this town

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