If not a sign
If not a hint
Then at least
The slightest trace of when the day begins

I'm falling behind
I am alive but I can't seem to breathe
I'm bleeding inside
Losing this fight as you throw me away

And if not today
Or even within sight, oh
For those whose outlook on life
Drowned in a lack of light

I'm falling behind
I am alive but I can't seem to breathe
I'm bleeding inside
Losing this fight as you throw me away

All the while, fighting these symptoms and not a cause All the while, you put me on hold

Starve myself 'cause I'm so hungry
Aiming to please gets me further from me
Starve myself 'cause I'm so hungry
Aiming to please gets me further from me
Starve myself 'cause I'm so hungry
Aiming to please gets me further

I'm falling behind
I am alive but I can't seem to breathe
I'm bleeding inside
Losing this fight as you throw me away

I'm falling behind
I am alive but you throw me away
You throw me away