

# Heavy Heart

Gabrielle Aplin

Saw you staring into nothing  
In the silence something's screaming  
I know you're trying but there's nothing you can say  
I feel better in the morning  
When all my troubles lose their meaning  
Let go, there's nothing you can change

I know it hurts to watch me bleeding  
Can't tell you what I'm needing  
We can't stop the river rising

I got a heavy heart  
Too much for you to hold  
We always come apart  
And then I treat you so cold

We can pretend there's nothing wrong but  
I was telling you it's not your fault  
You wanna help but it's helpless every time  
We're bittersweet in the sunlight  
We can't believe every story we're sold  
There's truth in the darkness we find

I know it hurts to watch me bleeding  
Can't tell you what I'm needing  
We can't stop the river rising

I got a heavy heart  
Too much for you to hold  
We always come apart  
And I treat you so cold

The chemicals that we are breathing  
Lock you out and I keep looking in  
I am running out of reasons  
Don't help myself by looking in

And I'm standing in the way  
And I'm standing in the way

I got a heavy heart  
Too much for you to hold  
We always come apart  
And I then I treat you so cold  
I treat you so cold