

Heavy Breathing

Hidden in Plain View

All alone and in this forever
Gotta get back and get it together,
Cause your never gonna get anywhere this way,
When your walking in circles everyday the same way.
Not sure where this is going,
Another panic attack no sign of slowing down.
I'm still breathing heavy heavy breathing,
With my stomach in my throat choking on the feeling.
I'm losing all we have to offer cause nothing here
makes sense.
I'm lost so scared.
I'm numb and overwhelmed on this hotel mattress.

When everyday I'm here waiting, (time and time again)
But I'm not so I am not so sure of anything.
And everyday I'm here waiting (time and time again)
But I'm not so I am not so sure of anything.

Come on, come on listen to me. (Open up)
Open up cause I know exactly what's running through
your head,
And spilling on the pages,
And it hurts you and like its so contagious.
So off the mark and a little off key,
So overdramatic cause this is completely,
Out of your hands and out of control.
So you take the chance to take it take it all.
I've forgotten everything I know cause nothing here
makes sense
I'm lost I'm scared I'm sick I'm not well and I can
never let go.

When everyday I'm here waiting, (time and time again)
But I'm not so I am not so sure of anything.
And everyday I'm here waiting (time and time again)
But I'm not so I am not so sure.

Just tell me I'm alright.
Tell me I'm ok.
Tell me anything at all to make this feeling go away.
Cause I love the way that I fall asleep with my head in
my hands
Everything drifts by me so slowly,
And I'm only halfway home, alone and lonely.
So go ahead and tell me, tell me
I'll be alright and touch me hold me
Yeah, talk to yourself talk to the angels.
Yeah, talk to the knife twisting and sinking.
Go ahead and tell me, tell me
I'll be alright and touch me hold me and I'll make it
alone
Come on, come on listen to me.

When everyday I'm here waiting, (time and time again)
But I'm not so I am not so sure of anything.
And everyday I'm here waiting (time and time again)
But I'm not so I am not so sure of anything.