

## Withdrawn

James

Withdrawn, muscles all tense  
Nothing flows for the self-obsessed  
Feel all washed up

Restless, can't sit still  
A mental state, or a physical ill  
Toxic, bones all cracked  
Step on a bus, get a panic attack

you took me so high  
Now getting out of bed is enough to make me cry  
Saps all my energy  
That's how it used to be  
You came just in time

Feel all washed up  
Need a wash up  
Need a wash

Restless, muscles all ache  
So tense, watch me shiver as you shake  
Not a dance but a scream by the body at the stake  
Pierces my heart, something's gonna break

Amazed when you cannot deny  
Going out of bed is enough to make you cry  
That's how it used to be before you came by

Screwed up at school  
Hate bad food  
Too many T.V. views live in you

Feel all washed up

Much to take, I'm overcome  
So wash me up with a loving song