I don't like my mind right now
Stacking up problems that are so unnecessary
Wish that I could slow things down
I wanna let go but there's comfort in the panic
And I drive myself crazy
Thinking everything's about me
Yeah I drive myself crazy
'Cause I can't escape the gravity

I'm holding on
Why is everything so heavy?
Holding on
To so much more than I can carry
I keep dragging around what's bringing me down
If I just let go, I'd be set free
Holding on
Why is everything so heavy?

You say that I'm paranoid
But I'm pretty sure the world is out to get me
It's not like I make the choice
To let my mind stay so fucking messy
I know I'm not the center of the universe
But you keep spinning round me just the same
I know I'm not the center of the universe
But you keep spinning round me just the same

I'm holding on
Why is everything so heavy?
Holding on
To so much more than I can carry
I keep dragging around what's bringing me down
If I just let go, I'd be set free
Holding on
Why is everything so heavy?

I know I'm not the center of the universe
But you keep spinning round me just the same
I know I'm not the center of the universe
But you keep spinning round me just the same
And I drive myself crazy
Thinking everything's about me

I'm holding on
Why is everything so heavy?
Holding on
To so much more than I can carry
I keep dragging around what's bringing me down
If I just let go, I'd be set free
Holding on
Why is everything so heavy?

Why is everything so heavy? Why is everything so heavy?