I left it to chance; I never should've let this get so far out of hand.

But I'll do anything to not be alone 'cause when I'm alone you know I'll...

I can easily fall back into old habits that I thought I'd left behind

And they rip me apart and I realize...

Don't be alarmed, I have to lie

Take everything and keep it inside.

I know I'm sick and I'm not right. I'm so fucking tired of living this life,

I made for myself, I'm sorry that I cannot get past what keeps me away from the light.

I hope this explains my problem to you, because I feel like this every night.

Don't wanna be like this, anxious and angry or hopeless and ups et- all the time.

Unable to get back the feeling I lost somewhere along the line. I wear it all on my sleeve and everyone sees no matter how hard I try.

I've never felt worse in my whole life.

Don't be alarmed, I have to lie

Take everything and keep it in stride.

I know I'm sick and I'm not right. I'm so fucking tired of living this life,

I made for myself, I'm sorry that I cannot get past what keeps me away from the light.

I hope this explains my problem to you, because I feel like this every night.

Feel like this every night.

(Night after night)