

## To: My Old Self

Real Friends

I spend my nights thinking the worst  
And telling myself that everything's going to work out  
I keep kicking myself in the mouth  
Opening up every cut that should be a scar by now

I need the hope I always tell my friends about  
I need the hope I always tell my friends about

I'll sleep with the TV on, it covers up my feelings about the past  
When I am lying awake thinking about how things used to be

I'm sick and tired  
I'm sick and tired of being at the same old place in my head  
Give me peace of mind  
I always backtrack to my old self  
When I'm holding on to despair and cracks in my life  
I'm holding and I need to let go

I'll sleep with the TV on, it covers up my feelings about the past  
When I am lying awake thinking about how things used to be

That is the soil that fear grows in  
I'm dirty from head to toe  
That is the soil that fear grows in  
I'm dirty from head to toe  
That is the story of how fear grows in  
I'm dirty from head to toe  
I'm dirty from head to toe  
I'm dirty from head to toe