I stare at my reflection in the mirror: "Why am I doing this to myself?"

Losing my mind on a tiny error, I nearly left the real me on the shelf.

No, no, no, no...

Don't lose who you are in the blur of the stars!
Seeing is deceiving, dreaming is believing,
It's okay not to be okay.
Sometimes it's hard to follow your heart.
Tears don't mean you're losing, everybody's bruising,
Just be true to who you are!

Brushing my hair, do I look perfect?
I forgot what to do to fit the mold, yeah!
The more I try the less it's working, yeah
'Cause everything inside me screams
No, no, no, no, no...

Don't lose who you are in the blur of the stars!
Seeing is deceiving, dreaming is believing,
It's okay not to be okay.
Sometimes it's hard to follow your heart.
But tears don't mean you're losing, everybody's bruising,
There's nothing wrong with who you are!

Yes, no's, egos, fake shows, like WHOA!

Just go, and leave me alone!

Real talk, real life, good love, goodnight,

With a smile, that's my home! That's my home, no...

No, no, no, no, no...

Don't lose who you are in the blur of the stars!

Seeing is deceiving, dreaming is believing,

It's okay not to be okay...

Sometimes it's hard to follow your heart.

Tears don't mean you're losing, everybody's bruising,

Just be true to who you are!

Yeah yeah yeah