These days I keep finding myself caught in between Am I awake or am I walking in my sleep?

Just never know what I'll be feeling today

Happy or sad, yeah, it could go either way

One minute I'll be fine then I don't know how to feel

I'm in between the two
Standing still and on the run
Don't know what to do
I'm in two places at once

I feel like the moon
Tryna stay up for the sun
Heart is so confused
'Cause it's two places at once

I'm always spinning back and forth, I'm up and down My head's all over the place, and I'm stuck on the ground Just look at the birds, they only know how to fly Up in the clouds, they never worry like I do One hand holds onto hope, the other is filled with doubt

I'm in between the two
Standing still and on the run (Yeah)
Don't know what to do
I'm in two places at once

I feel like the moon
Tryna stay up for the sun
Heart is so confused
'Cause it's two places at once (Oh)

The same things that make me smile

Are the same things that make me cry

The same things that comfort me

Are keeping me up at night, oh

I must be going numb, maybe it's all because, oh

I'm feeling everything, and I feel it all at once

I'm in between the two
Standing still and on the run
(Standing still and on the run)
Don't know what to do
I'm in two places at once

I feel like the moon
Tryna stay up for the sun (Ooh-Ooh)
Heart is so confused
'Cause it's two places at once

My heart is too places at once Two places at once