Dear insecurity When you gonna take your hands off me? When you ever gonna let me be proud of who I am Oh, insecurity When you gonna take your hands off me? When you ever gonna let me be just the way I am Dear insecurity I hate the way you make me feel I hate the things you make me think You make me sick to my stomach I wish that I wasn't me Some days, when I wake up I see myself in the mirror I feel like what shouldn't be couldn't be clearer My nose to my clothes, from my chin to my skin I'll never be good enough ever again For you, so I changed for you Then I died for you, then you made me blue If I were you, I'd hate me too But I already feel like you do Because, you tell me I'm not worth shit And the bad luck's on purpose And if I'm sad then I deserve it But underneath the surface I'm hurting, searching and learning My imperfections make me perfect Dear insecurity When you gonna take your hands off me? When you ever gonna let me be proud of who I am Oh, insecurity When you gonna take your hands off me? When you ever gonna let me be just the way I am Dear insecurity I feel like I'm dying on the inside But I smile it off I'm a mess, I'm depressed, I'm alone and it's all my fault Did I do something wrong? This feeling's unfair You're making me anxious but why the fuck do I care? I overthink everything 'til my thoughts are impaired I hate everything about me, I think I need some air Drink some water, take a breath Take a moment to be thankful for the reasons that you're blessed It's not about mistakes you made or failures that you had It's all about the memories and little things you have Your freckles and flaws to your body and bruises Your scars to your beautiful birth marks, the truth is We're one in the same So play the cards that you're dealt Nobody likes you more than when you're being yourself Dear insecurity When you gonna take your hands off me? When you ever gonna let me be Proud of who I am? Oh, insecurity

When you gonna take your hands off me?
When you ever gonna let me be
Just the way I am?
Dear insecurity

I am
Proud of the person who I am
Nobody's gon' tell me who I am
Or who I can be (Mmm)
I am
Taking my life into my hands
They're tired of hiding who I am
I am me, so

Dear insecurity
When you gonna take your hands off me?
When you ever gonna let me be
Proud of who I am?
Oh, insecurity
It's time I make you take your hands off me
Set me free, I'm gonna let you see
I'm proud of who I am

Just the way I am I'm proud of who I am