

I drink my coffee in the morning
I brush my teeth before bed
I fake a smile to keep the sad thought
Out of my head
I sit outside and watch the world spin
I bet you probably moved on
But I still can't seem to sing
Hmm, anything but this song

I've asked my therapist, my mom and dad the same
I've asked my friends and fam, they all say I'm to blame
I've spent all this time pretending I'm okay
Well, I'm not okay

Today might be the day I go insane
The day I go insane
The day I go insane
That'll be the day, today might be the day
The day I go insane

It'll probably be the best day in my life
I'll be rid of all my problems, I'll be rid of my strife
And I can't even fix an issue 'bout you sayin' good night
And I don't even got to worry if I'm wrong or I'm right
And when I argue with my darkest side, it's comin' to light
I'd rather have 'em call me crazy, than have another fight with you
This mind of mine is mine to lose, it's true

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Well, I'm not okay

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If today's the day I go insane
Please tell my mom and dad I'm not in pain
And tell my sister not to do the same
It's just, these lonely days get lonelier with rain
And then the feelings come and go and pass in waves (Pass in waves)
And I can feel myself start to get swept away (Swept away)
I guess if your heart can break, then your head can do the same (Do the same
)
It's hard to explain

Today might be the day I go insane
The day I go insane
The day I go insane
That'll be the day, today might be the day

The day I go insane (Hey, I'm not okay)
The day I go insane (Today, I'll go insane)
The day I go insane (Hey, I'm not okay)
That'll be the day, today might be the day (Today, I'll go insane)

The day I go insane

Yeah, it hurts, but it's true, I shouldn't care, but I do
I hide who I'm inside, like I've got something to prove
But what I've learned is that pretending ends up bad for my health
What's the point of being if I'm not being myself?