Let it in, breathe it out
Exhale the things that I've done
I'm so fucking careful
Weighed down by the undertone
God, I wish I was numb
Familiar burden

In a crowd, in a room you're alone
No matter where you are
I see exit signs and there's no way out

I wanna run, I wanna hide
My heart is shaking, hear me. Breaking
You sneak in without making a sound
Nowhere to run, nowhere to hide
No mistaking you're overtaking
Without me letting my guard down
Why do you do this to me?

Ho, ho

I sense you begin to leave
But I know you'll return, the one thing I'm certain of
Relief a you lose your grip
But the damage is done
I'm cold and I'm hurting

In a crowd, in a room you're alone
No matter where you are
I see exit signs but there's no way out

I wanna run, I wanna hide
My heart is shaking, hear me. Breaking
You sneak in without making a sound
Nowhere to run, nowhere to hide
No mistaking you're overtaking
Without me letting my guard down
Why do you do this to me?

Don't wanna freak out
I gotta breathe out
I gotta breathe out
Don't wanna freak out
I gotta breathe out
I gotta breathe out

I wanna run, I wanna hide
My heart is shaking, hear me. Breaking
You sneak in without making a sound
Nowhere to run, nowhere to hide
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Why do you do this to me?