

# Overthinking

Orla Gartland

I'm on an overcrowded train  
Fighting an overcrowded brain  
And all these bags under my eyes  
Hold up my compromise

And maybe I should bail on everything, anything  
Did you not learn anything in school?  
Could have played by the rules  
Could be happy in a different way

Struggling with the London rent  
They said it would be hard now I know what they meant  
I lose sleep, head stuck in the cereal bowl  
But I'm here for the music, I know

Distracted!  
Can I say what I mean? Can I mean what I say?  
Why can't I figure out how I feel when I wake up everyday

I face everything with the same old logic  
Over analysing everything is tragic  
And maybe some things they will never make sense  
So I tackle it all but I'm not making a dent

No

And I think my brain is breaking  
And it's just myself I've been blaming  
It's frustrating  
I just wanna know why

And I know no good will come of it  
I wish that I could just be done with it  
But I'm sinking  
I just wanna know why i'm overthinking

No no  
And I just wanna know I just wanna know why  
Oh oh  
And I just wanna know why

I'm an outcast, to be left behind  
I'm an extrovert with an anxious mind  
There's a danger that I might just pour my heart out to a total stranger  
In a bar

And they're not gonna wanna hear  
No, they're just there to sip their beer  
Not hear about problems to solve  
"God this girl's so self involved"

I play it out my head  
I'm trying to make good choices  
I hear voices  
They can't pick one side

Help! I look so stupid  
Sitting there tongue tied

Meltdown! all I can hear  
Is code red, code red  
Got a problem in the control centre  
In my own head

Facing the world with the same old logic  
Over analysing everything is tragic  
And maybe some things they will never make sense  
So I tackle it all but I'm not making a dent

No

And I think my brain is breaking  
And it's just myself I've been blaming  
It's frustrating  
I just wanna know why

And I know no good will come of it  
I wish that I could just be done with it  
But I'm sinking  
I just wanna know why i'm overthinking

No no  
And I just wanna know, I just wanna know why  
No  
And I just wanna know why