

Keep Me in My Body

The Color Morale

Turn me upside down like an hourglass
Time is running out and too much time has passed
Slipping through the fingers of calloused idle hands
Grasping for a breath while choking on the sand
Maybe I'm too scared to stand in my own skin
Maybe I've become transparent

If I only have one life left to leave
Get me out of my own head,
but keep me in my body
This is the lie that I believe
Always blaming someone else,
but I do this to myself

You're suffocating me with positivity
But either way, it's still fucking suffocating
I refuse to be what you want from me
I can't be perfect,
but tell me what the fuck is perfect anyways?

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Get me out of my own head,
but keep me in my body
This is the lie that I believe
Always blaming someone else,
but I do this to myself

It's okay to not be okay
It's okay to feel this way
It's okay to feel this way
It's okay to feel this way
I'd rather live than die this way
I'd rather give than take away

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Get me out of my own head,
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This is the lie that I believe
Always blaming someone else,
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It's okay to feel this way
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It's okay to feel this way
It's okay to feel this way□