

# My Old Ways

## The Plot in You

Trapped in my old ways can't seem to break free from anything  
Cause this is all I've ever known and I'm afraid it wont let me go

Drug you down took you away from everyone that ever loved you  
Fooled the crowd and made me believe that I was real  
But you always knew

I know I'm late, but I hope you know  
To kill to keep you safe  
If you love me then I beg that you just leave  
Forget my name

Trapped in my old ways can't seem to break free from anything  
Cause this is all I've ever known and I'm afraid it wont let me go  
Let me go  
And I'm afraid it wont let me go  
Let me go  
And I'm afraid it wont let me go

All the pills  
All the money  
All the pain  
Living consequences breathing  
Just to take the blame  
I was wrong, I was wrong  
I can see so clearly  
Made myself look like a fool  
And now you only fear me

Fighting the change God only knows I've been living in agony  
I pushed you all away and

I'm trapped in my old ways can't seem to break freedom anything  
Cus this is all that I've ever known and I'm afraid it wont let me go  
Let me go  
And I'm afraid it wont let me go  
Let me go  
And I'm afraid it wont let me go  
Just let me go

Itching scratching my blood so thin the fucking ceiling spins  
It's clouding every night thought and stripping  
Everything away from me and crawling desperately  
It's got me trapped and I've been living in agony

Trapped in my old ways can't seem to break free from anything  
Cause this is all I've ever known and I'm afraid it wont let me go  
Let me go  
I'm afraid it won't let me go  
Let me go  
I'm afraid it won't let me go  
Let me go, let me go