

Ashley Kutcher, Survive My Own Mind

Can we just slow down I feel lately there is no time
My heart beats fast but my next dose isn't til 9
So 1, 2, 3 deep breaths and 5 ways to help reconnect
As my mind keeps trying to ground my body's unrest

I don't think I'm someone that I recognize
I no longer think I'm on my own side
I feel like I am just trying to survive
Survive my own mind
I think I'm just doing my best to get by
something feels o□yeah it doesn't feel right
i feel like i am just trying to survive
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Surrounded by people but I'm out of body
keep conversation flow but i can hardly
tell myself that they wont notice if i leave the party
i need to leave the party

and here's the thing
the problem doesn't seem to be this place or what I'm wearing
it's harder that I cant point exactly why I'm anxious
everything is fine but i still want to escape it
i cant take it

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It's getting harder and harder to survive my own mind

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