

Henry Moodie, bad emotions

i've spent my life wondering what's wrong with me
why is my chest so tight and i find it hard to sleep
try to run from the feeling but i know
that's no way of dealing and so
i've learnt to live with my anxieties

cos i've got some bad emotions
it's just a part of life
it doesn't mean i'm broken
at the worst of times
i tell myself to breathe
count to three
wait and see that i'll be okay

cos i've got some bad emotions
took a minute
but i'm finding ways of coping
when i'm on the edge
i know i've got to breathe
count to three
and i'll be in a better place

it's just some bad emotions
(ooh ooh ooh ooh
ooh ooh ooh ooh)

my parents didn't raise me to give in
so i'll never let the bad emotions win
the world will keep on spinning and i know
tomorrow i'll feel different, that's how it goes
so i tell myself would i rather sink or swim

cos i've got some bad emotions
it's just a part of life
it doesn't mean i'm broken
at the worst of times
i tell myself to breathe
count to three
wait and see that i'll be okay

cos i've got some bad emotions
took a minute
but i'm finding ways of coping
when i'm on the edge
i know i've got to breathe
count to three
and i'll be in a better place

it's just some bad emotions
(ooh ooh ooh ooh)
it's just some bad emotions
(ooh ooh ooh ooh)

i know that i'll get better
i'll come out the other side
it's not always rainy weather
so i better keep in mind

it's just some bad emotions
(ooh ooh ooh ooh
ooh ooh ooh ooh)