Julia Michaels, ANXIETY (ft. Selena Gomez)

my friends, they wanna take me to the movies
I tell them that I am far from holding hands with my depression
and right when I think
I've overcome it anxiety starts kicking
in to teach us a lesson

oh, I try my best just to be social
I make all these plans whit friends
and hope call and cancel

them I overthink
about the things I am missing
no I am wishing I was with them

feel like I am always
apologize foe feeling
like I am out of my mind
when I am doing just fine
but my exes all ay that
I am hard to deal with
and I admit, I admit

but all my friends they
don't know
what it's like
what it's like
they don't understand why
I can't sleep through the night
I've been told that I could take something to fix it
damn, I wish it
I wish it was that simple
but all my friends
friends they
don't know
what it's like

I've always wanted to be one of these people in the room
that says something and everyone puts their hands up
like, if you're sad
put your hands up
if you hate someone
put your hand up
and if you're scared
put your hand up

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I have all these thoughts
running through my mind
all the damn time
and I can’t seem to shut if off
I think I’m doing fine
most of the time
I say that I’m alright
but I can’t seem to shut it off
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