

“Friend In My Head”

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Topic: Anxious thoughts are just thoughts. Advice I once received said if we face our overthinking and find a way to separate thought from reality we can truly conquer it.

[VERSE]

The hunch in my head
Crawled out my ear and turned into a man
He stood taller than me
Bold and threatening
I tried to run away
But the more I fled
The stronger he became
If I forged the beast
How did he outgrow me

[PRE-CHORUS]

I'm so tired of the food
That I eat being wasted energy
No muscle on my being
Is strong enough, fight off the thought chasing
If I turn he may disappear
So why is my logic deafened by the fear
By the fear

[CHORUS]

Oh oh oh
I hold the remote
Too locked in panic to control
Shrink the man down and look at him
Below
The cure under my nose
Shut my eyes tight ride out them both
Never escape the new friend I know

[VERSE]

The breath on my back
Rolled down my limbs
and nailed me to a bed
Kissed me to sleep softly
Followed me into my dreams
Abstract colors everywhere
The figures melting off my hair
When I awake they're all still there
Still there

[PRE-CHORUS]

I'm so tired of the food
That I eat being wasted energy
No muscle on my being
Is strong enough, fight off the thoughts chasing
If I turn they may disappear
So why is my logic deafened by the fear
By the fear

[CHORUS]

Oh oh oh
I hold the remote
Too locked in panic to control
Dull the colors down and place them
Below
The cure under my nose
Shut my eyes tight ride out them both
Never escape the new friend I know

[BRIDGE]

You can't live like this
Operate like this
Thinking over
Have to think them under
A bird has never been free
Glued to the ground
Has no doubts its wings will lift him out
A branch could snap and his heart rate will stay down

[VERSE]

The wall where I stand
Is made of brick and closing in our gap
The man approaches me
I turn to reckoning
And to my disbelief
A shadow shrivels and becomes steam
I tower the beast
If I face him he can't hurt me