

Woke up with a headache, and some neck pain. Cup of coffee, need the caffeine.
Oh I don't know the last time I wasn't tired. Oh...
Check out in the fast lane, the lady asked if I've been having me a nice day.
I said that I'm fine, guess that I'm a liar, cause:

Yeah I'm fine, if "F" is for feeling overwhelmed, and "I" is for "I'm not alright."
Yeah I'm fine, if "N" is for not being able to sleep, "E" for every night.
Yeah I'm fine—finally feeling the pressure of keeping my feelings inside.
Yeah I'm fine, well maybe I'm not and I just need to tell someone I'm not alright.

Do you wonder how it'd feel to let somebody in
to finally see the real you? Me too.
I hide behind a mask But it's getting pretty see through,
'cause I'm so tired of trying to pretend like
I can do it on my own when in the end I'm sick and tired of feeling alone.
I wish there was a way that you could read my mind when I say I'm fine because

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Yeah I'm fine, if "N" is for not being able to sleep, "E" for every night.
Yeah I'm fine—finally feeling the pressure of keeping my feelings inside.
Yeah I'm fine, well maybe I'm not and I just need to tell someone I'm not alright.

Maybe I should tell someone I'm not, oh, tell someone I'm not alright.
Cuz lately I'm saying I'm fine, and I know I'm lying cause:

Yeah I'm fine, if "F" is for feeling overwhelmed and "I" is for "I'm not alright."
Yeah I'm fine, if "N" is for not being able to sleep, "E" for every night.
Yeah I'm fine—finally feeling the pressure of keeping my feelings inside.
Yeah I'm fine, well maybe I'm not, and I just need to tell someone I'm not alright.