

Thoughts. Sometimes I just can't control my thoughts.  
No medication's ever made them stop.  
All I think about is everything I'm not.  
Instead of everything I got.

'Cause I'm scared they're all laughing, so I make the joke first.  
If I beat 'em to the punchline, then I can't get hurt.  
Yeah, I swear to God I'm trying, but I don't know how to be,  
How to be a good friend to me.

'Cause sometimes I just feel like I'm a freak.  
When I wake up, I just don't like what I see,  
All the way from my head right down to my feet.  
I wish that I thought differently.

But I'm scared they're all laughing, so I make the joke first.  
If I beat 'em to the punchline, then I can't get hurt.  
Yeah, I swear to God I'm trying, but I don't know how to be,  
How to be a good friend to me.

Ooh, ooh, ooh, ooh,

Change. Wonder if I'll ever really change, mmm.

'Cause I'm scared they're all laughing, so I make the joke first.  
If I beat 'em to the punchline, then I can't get hurt.  
Yeah, I swear to God I'm trying, but I don't know how to be,  
How to be a good friend to -

The voice inside my head that's telling me I'm okay,  
Entertain it for a second, then I push it away.  
Yeah, I swear to God I'm trying, but I don't know how to be,  
How to be a good friend to me.

Thoughts. Sometimes I just can't control my thoughts.