

## Aslyn "In And Out"

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when a need can't be met  
when the table's been set  
when you've outplaced your bet  
when you cannot forget  
when you fall fast asleep  
when you're staring at me  
when the switch can't be found  
you just wait to come back around

help me out  
help me out of my head  
cuz I've been staying around this bed and that ain't me  
I can't break it down  
my faith is all that's left  
but faith don't feel that much when you're sleeping so  
far in  
in and out  
in and out of my head

you've crossed the line and now you're scared  
and all that's good's gone south of fair  
still you'll stay in that tree house  
your pride would dare not come down  
all your friends say be smart  
but your hearts feeling dumb  
cuz your story's sticking out  
like a beat up sore thumb

help me out  
help me out of my head  
cuz i've been staying around this bed and that ain't me  
i can't break it down  
my faith is all that's left  
but faith don't feel that much when you're sleeping so  
far in  
in and out  
in and out

when you can't feel the sun  
cuz you feel old and more undone  
now your dreams say your stuck  
and well you dream em way too much

how a joke'll leave so fast  
when a smile's out of gas  
what you'd give to turn around  
to get one foot out, out of this town

help me out  
help me out of my head  
cuz i've been staying around this bed and that ain't me  
i can't break it down  
my faith is all that's left  
but faith don't feel that much when you're sleeping so  
far in  
in and out  
in and out  
in and out of my head

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