

Ashley Esterwood

"How To Heal The Hurt"

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I don't know what's going through your head
But could you please put down your cigarette?
And maybe sober up for me just one time
I can't talk to you when your head is gone
Feels like I've been trapped in here far too long
Baby we could last, but not if you're high

[Chorus:]

I don't need you to tell me you're story
I don't need to hear another lame excuse
You've been thinking of the one before me
And it hurts so bad to love you
If you feel like running back to her
I'm going to need you to give me a hand
And show me it is I can heal the hurt
I just want to live my life sedated

You ignore my messages when you're drinking
And I doubt that it's of me that you're thinking
Don't give me another false confessional
Now your innocence is gone into distant space
And you couldn't stay away from what makes you daze
Don't tell me that you're thinking logical

I don't need you to tell me you're story
I don't need to hear another lame excuse
You've been thinking of the one before me
And it hurts so bad to love you
If you feel like running back to her
I'm going to need you to give me a hand
And show me it is I can heal the hurt
I just want to live my life sedated

Maybe I should have stayed far away from the start
That would've been my most precious safeguard
I guess it's too late because I can't turn back now
Every little whisper in here feels so loud
So take me back, take me back

I don't need you to tell me you're story
I don't need to hear another lame excuse
You've been thinking of the one before me

And it hurts so bad to love you
If you feel like running back to her
I'm going to need you to give me a hand
And show me it is I can heal the hurt
I just want to live my life sedated

You know how to heal the hurt
But you're rather watch as I bleed

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