

The Format

"Crawling"

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Crawling in my skin
These wounds, they will not heal
Fear is how I fall
Confusing what is real

There's something inside me that pulls beneath the
surface
Consuming, confusing
This lack of self control I fear is never ending
Controlling

I can't seem
To find myself again
My walls are closing in
(Without a sense of confidence I'm convinced that
there's just too much pressure to take)
I've felt this way before
So insecure

Chorus

Discomfort, endlessly has pulled itself upon me
Distracting, reacting
Against my will I stand beside my own reflection
It's haunting how I can't seem...

To find myself again
My walls are closing in
(Without a sense of confidence I'm convinced that
there's just too much pressure to take)
I've felt this way before
So insecure

Chorus (Repeat until end)

There's something inside me that pulls beneath the
surface
Consuming, confusing
This lack of self control I fear is never ending
Controlling (Whispered during chorus)

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