

# Lizzy McAlpine, Let Light Be Light

My brain feels heavy like too much TV  
It's weighing on me like a pound of concrete  
I know he wants me and that makes me happy  
So why do I feel so weird?  
It's foggy in my head, like clouds in a storm  
The wind's pickin' up, I'm boltin' my shit to the floor  
But when I'm with him, my shit gets ignored  
Is that why I feel so weird?

I'm alone almost every night  
And I don't know if I'm processing right  
But my therapist says to just let light be light  
So I'm letting him stay around  
I think that he's good for me  
This boy that I've found

I don't like getting attached  
It makes me feel like I've done something bad  
'Cause I'm not dependent, and I know that  
So why am I scared I'm reliving that part of my past?

'Cause I'm alone almost every night  
And I don't know if I'm processing right  
But my therapist says to just let light be light  
So I'm letting him stay around  
I think that he's good for me  
This boy that I've found  
Oh, I think that he's good for me  
This boy that I've found

Is this what it's supposed to feel like?  
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Is this what it's supposed to feel like?

'Cause I'm alone almost every night  
And I don't know if I'm processing right  
But my therapist says to just let light be light  
So I'm letting him stay around  
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