

Turn Off My Heart

(Ingebrigtsen / Edvardsen / Tala © 2022)

It's funny how much
I care about stuff
The tiniest things can get me to tear up
Fills up my head
Controlling my thoughts
Maybe you know what I'm talking about
The aching that won't let me go

Wish I could forget about it
Just flip a switch
And not feel so much
I wish I could turn off my heart
Just for a while
Whenever It's beating me up
Just til' it's safe to restart
I wish I could turn off my heart

If I found a way to control my emotions
Would that somehow make me
A little less broken
Or would I feel even less whole

Wish I could forget about it
Just flip a switch
And not feel so much
I wish I could turn off my heart
Just for a while
Whenever It's beating me up
Just til' it's safe to restart
I wish I could turn off my heart

(Heart, heart, heart)
(Heart, heart, heart)

Just turn off my heart

(Heart, heart, heart)
(Heart, heart)

Wish I could forget about it
Just flip a switch
And not feel so much
I wish I could turn off my heart
Just for a while
Whenever It's beating me up
Sometimes it feels like my heart's running wild
I wish I could put it on pause for a while
Just til' it's safe to restart
I wish I could turn off my heart