

# numb

## Alanis Morissette

I feel smothered and encumbered and defeated and drawn  
Disappointed, overextended and frustrated and shaken  
This over-giving, over-loving  
This care-taking goes on  
With no chance of intermission,  
I'll be checked out, I'll be goneHow to remove myself from sensation?Here comes a feeling  
I run from the feeling and reach for the drug  
Can't sit with this feeling  
I'd rather be flying and comfortably numbI feel anxious, I am nervous, I am bored  
I'm overwhelmed; rather be out of my gourdHow to remove myself from sensation?Here comes a feeling  
I run from the feeling and reach for the drug  
Can't sit with this feeling;  
I'd rather be flying and comfortably numbI am lonely, I feel hungry and unloved  
I feel angry, I am livid, need a hugHere comes a feeling  
I run from the feeling and reach for the drug  
Can't sit with this feeling  
I'd rather be flying and comfortably numb

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