

# Numb

## Alanis Morissette

I feel smothered and encumbered and defeated and drawn  
Disappointed, over-extended 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 gone

Have to remove myself from sensation

Here comes the 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

I feel anxious, I am nervous I am bored  
I'm overwhelmed, rather be out of my gourd

Have to remove myself from sensation

Here comes the 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

I am lonely, I feel hungry and unloved  
I feel angry, I am livid, need a hug

Here comes the 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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