

**Insane**  
**gnash**

[Intro] **F F**

**F**  
I drink my coffee in the morning  
**C**  
I brush my teeth before bed  
**Dm**  
I fake a smile to keep the sad thoughts  
**Bb**  
Out of my head  
**F**  
I sit outside and watch the world spin  
**C**  
I bet you probably moved on  
**Dm**  
But I still can't seem to sing, mmm  
**Bb**  
Anything but this song

**F** **F**  
I've asked my therapist, my mom and dad the same  
**C** **C**  
I've asked my friends and fam, they all say I'm to blame  
**Dm** **Dm**  
I've spent all this time pretending I'm okay  
**Bb Bb**  
Well, I'm not okay

**F**  
Today might be the day I go insane  
**C**  
The day I go insane  
**Dm**  
The day I go insane  
**Bb**  
That'll be the day, today might be the day  
**F**  
The day I go insane

**F**  
Will probably be the best day of my life  
**F**  
I'll be rid of all my problems, I'll be rid of my strife  
**C**  
And I can even fix an issue by just sayin' good night  
**C**  
And I don't even got to worry if I'm wrong or I'm right

**Dm**

And when I argue with my darkest side, it's comin' to light

**Dm**

**Bb**

I'd rather have 'em call me crazy, than have another fight with you

This mind of mine is mine to lose, it's true

**F**

**F**

I've asked my therapist, my mom and dad the same

**C**

**C**

I've asked my friends and fam, they all say I'm to blame

**Dm**

**Dm**

I've been spending all this time pretending I'm okay

**Bb Bb**

Well, I'm not okay

**F**

Today might be the day I go insane

**C**

The day I go insane

**Dm**

The day I go insane

**Bb**

That'll be the day, today might be the day

**F**

**F**

If today's the day I go insane

**C**

**C**

Please tell my mom and dad I'm not in pain

**Dm**

**Dm**

And tell my sister not to do the same

**Bb**

It's just, these lonely days get lonelier with rain

**F**

And then the feelings come and go and pass in waves (Pass in waves)

**C**

And I can feel myself start to get swept away (Swept away)

**Dm**

I guess if your heart can break, then your head can do the same (Do the same)

**Bb Bb**

It's hard to explain

**F**

Today might be the day I go insane

**C**

The day I go insane

**Dm**

The day I go insane

**Bb**

That'll be the day, today might be the day

**F**

The day I go insane (Hey, I'm not okay)

**C**

The day I go insane (Today, I ll go insane)

**Dm**

The day I go insane (Hey, I m not okay)

**Bb**

That ll be the day, today might be the day (Today, I ll go insane)

**F**

The day I go insane

Yeah, it hurts, but it s true, I shouldn t care, but I do

I hide who I m inside like I ve got something to prove

But what I ve learned is that pretending ends up bad for my health

What s the point of being if I m not being myself?