

OK Not to Be OK

Marshmello & Demi Lovato

Marshmello & Demi Lovato - OK Not To Be OK[Verse 1]

Feeling like a drop in the ocean

That don't nobody notice

Maybe it's all just in your head

Feeling like you're trapped in your own skin

And now your body's frozen

Broken down, you've got nothing left[Pre-Chorus]

When you're high on emotion

And you're losing your focus

And you feel too exhausted to pray

Don't get lost in the moment

Or give up when you're closest

All you need is somebody to say

[Chorus]

It's okay not to be okay

It's okay not to be okay

When you're down and you feel ashamed

It's okay not to be okay[Verse 2]

Feeling like your life's an illusion

And lately, you're secluded

Thinking you'll never get your chance?

Feeling like you got no solution

It's only 'cause you're human

No control, it's out of your hands

[Pre-Chorus]

When you're high on emotion

And you're losing your focus

And you feel too exhausted to pray

Don't get lost in the moment

Or give up when you're closest

All you need is somebody to say

[Chorus]

It's okay not to be okay

It's okay not to be okay

When you're down and you feel ashamed

It's okay not to be okay[Bridge]

When you're high on emotion

And you're losing your focus

And you feel too exhausted to pray (Ah-ha)

Don't get lost in the moment

Or give up when you're closest

All you need is somebody to say[Chorus]

It's okay not to be okay (Oh)
It's okay not to be okay (No, no, no)
When you're down and you feel ashamed (When you feel ashamed)
It's okay not to be okay (No, no, no)
It's okay not to be okay

Lyrics provided by <https://www.songarea.com/>