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Inspired by Rob Bissonnette’s poem

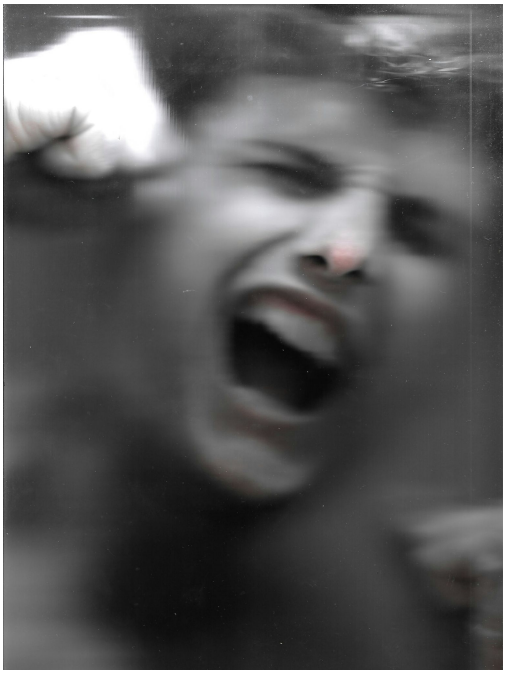
Lyrics by Jhana Matthews

Written on May 19, 2026 | September 5, 2026

Genre of Music: Alternative rock / acoustic rock with a darker atmosphere

Song via Suno

Not Okay



[Verse 1]
I scream without making a sound

I smile while falling apart
I wish I never had a heart
So I wouldn’t pretend that I’m okay

The mirror shows someone I don’t recognize
I’m tired of the lies I tell myself
Every day I feel so trapped
Inside this living hell

[Pre-Chorus]
I fight the demons inside my head
No one sees me breaking down
They only see me smiling
While I slowly drown

[Chorus]
I say I’m fine
But that is my biggest lie
No one sees the darkness within
I hide my scars behind the biggest smiles

Even though I wear a mask
My pain is written across my face
I’m bleeding where nobody knows
While I slowly fade away

[Verse 2]
Every night feels colder now
Like I’m lost inside the rain
I keep these feelings locked away
While drowning in the pain

No one hears the silent cries
Hidden underneath my skin
I keep pretending I’m okay
But I’m breaking deep within

[Pre-Chorus]
I fight the demons inside my head
No one sees me breaking down
They only see me smiling
While I slowly drown

[Chorus]
I say I’m fine
But that is my biggest lie
No one sees the darkness within
I hide my scars behind the biggest smiles

Even though I wear a mask
My pain is written across my face
I’m bleeding where nobody knows
While I slowly fade away

[Bridge]
I’m tired of pretending
Tired of hiding all this pain
I don’t know who I’ve become
Or if I’ll feel whole again

I say I’m fine
But the truth cuts deep inside
I’m still screaming for someone
To finally hear my cries

[Pre-Chorus]
I fight the demons inside my head
No one sees me breaking down
They only see me smiling
While I slowly drown

[Final Chorus]
I say I’m fine

But that is my biggest lie
No one sees the darkness within
I hide my scars behind the biggest smiles

Even though I wear a mask
My pain is written across my face
I'm bleeding where nobody knows
While I slowly fade away

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