

I Am Not Okay

By Ashley Gorley, Casey Brown, Jason Deford & Taylor Phillips

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VERSE 1

I am not okay, I'm barely getting by.
I'm losing track of days and losing sleep at night.

I am not okay, I'm hanging on the rails.
So if I say I'm fine, just know I learned to hide it well.

CHORUS

I know I can't be the only one who's holding on for dear life.

But God knows, I know when it's all said and done—

I'm not okay, but it's all gonna be alright.

BRIDGE

Gonna be alright. Gonna be alright.
I know one day we'll see the other side.
The pain'll wash away in a holy water tide.
And we all gonna be alright.

CHORUS

I know I can't be the only one who's holding on for dear life.

But God knows, I know when it's all said and done—

I'm not okay, but it's all gonna be alright.

Em D C C Em D G C G Em

(VERSE 1)

I am no o-kay. I'm bare-ly get-ting by. I'm los-ing track of days,

D C G Em D G C G

and lo-sing sleep at night. I am no o-kay. I'm hang-ing on the rails. So

Em D C G (CHORUS) Em D C

if I say I'm fine, just know I learned to hide it well. I know I can't be the on-ly one

G Em D C Em D C

who's hold-ing on for deali - life. But God knows, I know, when it's all said and do-

G Em D C G Em D C G (VERSE 2) Em D

ne I'm not o-kay, but it's all gon-na be al-right. I woke up to-day,

G C G Em D C

I al-most stayed in bed. Had the de-vil on my back, and voi-ces in my head.

G Em D G C G Em

Some days, it ain't all bad. Some days it all gets worse. Some days I swear I'm bet-

D C G (D.S. AL CODA) Em D C G

-ter off lay-ing in the dirt. It's not o-kay, but we're all gon-na be al-right.