



# GHOST

Josh Katz, Joey Morrow, Anthony Sonetti, Alex Espiritu, Noah Shain

BADFLOWER

2018

Big Machine Records

The lead single from the album **Ok, I'm Sick**. Chart: #11 (Hot Rock & Alternative Songs). Time - 4:19. Released in U.S.A. June 8, 2018.

Recorded at Ocean Studios, Burbank, California, USA. Produced by **Scott Borchetta**. Engineered by **Adam Chagnon**.

Katz wrote the basic song one night after a show. He was in a dark place and began writing about his chronic severe anxiety, covering his history of drugs and self-harm. They did not plan for this to be a single, but their record company persuaded them to do so. This is the song that brought the band to a wider audience.

-- Larry --



## Personnel

**Josh Katz** - lead vocals, rhythm guitar  
**Joey Morrow** - lead guitar, backing vocals  
**Alex Espiritu** - bass  
**Anthony Sonetti** - drums

### Josh Katz - ABC Radio

"When I was on the last tour we did, I was suffering from panic disorder," Katz explained. "I would go on stage every night and I would start to have these panic attacks, and I was quite depressed and confused from having to do that for months. When I got back, I wanted to write a song playing out this terrible fantasy for my own form of therapy, I guess."

### Josh Katz - 2018: Alternative Addiction

"I'm not always the most stable person mentally. That comes with the territory of being a touring musician. It's impossible to be truly grounded when you have this kind of a life. I suffer from anxiety issues and fits of depression, and all kinds of stuff that it seems like so many people are having to deal with. I just played out this horrible fantasy because I wanted to. There was something therapeutic about doing it. I don't really know how to explain it. It was something that I wanted to write, and it felt important for me to say it the way that I did, which was with as much detail as possible. I wanted to tell that story, and that's what I did. That's my style of writing. It's all very direct and it's all very conversational and there's not a lot of vague metaphors to be interpreted in a million different ways.

I always knew that it would get a reaction if people heard it. Before the song came out, we didn't have much of an audience. I knew that if it was heard it would get a reaction, I went into it thinking it would be terrible; that it could be the worst decision that we've ever made. That risk was exciting and terrifying, and I was proven wrong; people reacted in a positive way and they connected with it and it helped people in a lot of ways, and I thought that was cool.

They (my family) didn't react with the same level of positivity. They were concerned. That was a good thing though, because I do have these thoughts and these issues, and I don't often talk about them. It's easier for me to write songs about them and put that out and have that spark up the necessary conversation that needs to be had. It's important to talk about these things, especially if you or a loved one has those things going on, having those conversations are crucial."

### Josh Katz - 2018: Greeblehaus

"I wrote that song at the end of the last tour. I was having panic attacks on stage every night, and I didn't know what to do. I really went to that place, and I was terrified. I wanted to just go home and write and not do anything else. That song essentially wrote itself. I didn't think it would be anything other than a song for myself. But then I shared it with the band, and it went up the chain to management, and then the label and everyone decided that it was a song that people need to hear."

## YOU TUBE STUDIO TRACK OFFICIAL VIDEO

## YOU TUBE LYRIC VIDEO

## YOU TUBE LIVE 2014

I tried it once before, but I didn't get too far  
I felt a lot of pain, but it didn't stop my heart  
And all I really wanted was someone to give a little fuck  
But I waited there forever and nobody even looked up  
I tried it once before, and I think I might have messed up  
I struggled with the veins, and I guess I didn't bleed enough  
But maybe I'm alive 'cause I didn't really wanna die  
But nothing very special ever happens in my life  
Take the blade away from me  
I am a freak, I am afraid that  
All the blood escaping me won't end the pain  
And I'll be haunting all the lives that cared for me  
I died to be the white ghost  
Of the man that I was meant to be  
I tried it like before, and this time I made a deep cut  
I thought about my friends and the way I didn't give enough  
And I should've told my mother, "Mom, I love you" like a good son  
But this life is overwhelming, and I'm ready for the next one  
Take the blade away from me  
I am a freak, I am afraid that  
All the blood escaping me won't end the pain  
And I'll be haunting all the lives that cared for me  
I died to be the white ghost  
Of the man that I was meant to be, yeah  
I tried it once again, and I think I might black out  
I should've left a letter, but I had nothing to write about  
My blood is all around me, I get dizzy if I stand up  
The cutting part was easy, but regretting it is so fucked  
Take the blade away from me  
I am a freak, I am afraid that  
All the blood escaping me won't end the pain  
And I'll be haunting all the lives that cared for me  
I died to be the white ghost  
Of the man that I was meant to be  
I tried it once again and I think I went too far  
The man that I was meant to be  
I cut a little deeper, and the pressure stopped my heart  
The man that I was meant to be  
I couldn't tell my mother that I love her, I'm a bad son  
This life is overwhelming, and I'm ready for the next one