

## Suck It Up

40 Below Summer

One more time to dig into my skin  
You'll ignite so I can burn again  
Sick like that - you'd better walk away  
And set to snap - before I demonstrate  
Played on this, you split me open  
Preyed on this raw emotion  
And force - feed me till I'm bloated  
And swallow these open throated  
I can't feel this way - so ordinary  
Wrapped in all this pain - distorted every day  
And I can't breathe - you've suffocated me and all my needs  
And I can't scream again  
Break me down - I'm breaking mentally  
Break me down - I'm breaking everyday  
Cover me - yes, I've had enough  
Smother me - you better let me up  
Eyes on this - psycho explosion  
Your silent wish for my erosion  
Bent on determination  
And mental evisceration  
I can't feel this way - so ordinary  
Wrapped in all this pain - distorted every  
Day and I can't breathe - you've suffocated  
Me and all my  
Why can't you leave me alone (no way)  
Stripping me down to the bone (don't say) [repeat]  
Force-fed and inbred and stunted,  
Y'all made me feel so unwanted  
Get off my case fore i make you-  
Get out my face fore i break you.  
Stain, change, range (suck it up)  
Maim, aim, blame (suck it up)  
Vacate now (suck it up) -  
Take you out  
I can't feel this way - so ordinary  
Wrapped in all this pain - distorted every  
Day and I can't breathe - you've suffocated  
Me and all my needs  
And I can't scream again  
Again again again (suck it up)  
Again again again (lick it)  
Again again again (suck it up)  
Again again again!