I'm alone, I'm holding my chrome And I have become The only one that sees what is really there. I hate that I'm scared, but who really cares? I tell 'em and for me all they have is blank stares And I can just see it now, me jumpin' off the stage right into the crowd I beat the shit out of a kid and when I got backstage I licked the blood off my hands that I took from his face I start to thinkin': why did I just do that? I got a demon on my shoulder, ain't no monkey on my back And this demon's with my now, she's writing these rhymes And only time will tell if I can put her in hell And it's swell. People tell me I'm so lucky Six of the hottest bitches waitin' to fuck me And I feel pathetic And the thing's that's odd - maybe another vicodin will bring me closer to G I cannot - Get ahold of myself Just cannot - Get ahold of myself I cannot - Get ahold of myself I have lost control of myself Shaggy 2 Dope: I'm afraid of the dark and I'm afraid of the light And I'm afraid that I might've killed a motherfucker last night I don't know, I'm just somehow bloody Feels like I just stuck somebody Bad dreams, I'm crippled in the forehead. I gotta be. It takes up a lot of me. You probably need a lobotomy (right) Lookin' in the mirror I scare the shit outta me. And I finally can't afford no pills Layin' in the dark, sweatin' out night chills Night spills into the dawn Blood spills into the lawn I don't wanna go any place anymore Don't nobody care about a dumb dead shitty whore It's just me, myself, and I At war with each other until we die You, you belong to me (it's just me, myself, and I, at war with each other u ntil we die) I forever own your sanity (it's just me, myself, and I, at war with each oth er until we die) Bonez Dubb: I feel it in my chest and I can't breathe Don't know what the fuck I need I try to take all my pills, til they all was gone It's just me and myself don't really get along I feel it in my head and I can't see Start trippin' when the world comes fallin' on me I got a pain and it spreads through my head

Make friends? Man, I'd rather just kill you instead

And then nothin' I'm gonna be alright
If nobody takes me out than how can my own mind?
I'm gonna fight this, I'm gonna get somebody close
To keep me out of comatose
But then it starts up
I try takin' a breath
Please, God, keep me away from death
My life, I can't see bein' a very long ride
Insanity won the fight so I'll die tonight

I cannot - Get ahold of myself
Just cannot - Get ahold of myself
I cannot - Get ahold of myself
I have lost control of myself

## Violent J:

Boom! It's been four years of decline The mind can't exist alone on rewind But nothin' happens anymore to me Nothin' that I wanna store as a memory Livin' alone, hidin' in the back room. Four times a day a run the vacuum It's dirt outside tryin' to make it's way in I gives a fuck if you feel what I'm sayin' I'm over-powered in the head by emotions A terrifying sadness with panic explosions I tried prayin', but I conjured a demon It's head popped outta my chest and started screamin', "You, you belong to me!" I tried prayin', but I conjured a demon It's head popped outta my chest and started screamin', "I forever own your sanity" I tried prayin', but I conjured a demon . . .

I cannot - Get ahold of myself
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