Broken sticks and broken stones
Will turn to dust just like our bones
It's words that hurt the most now isn't it
Are you sad inside, are you home alone
If I could just pick up the phone
Maybe you could see a better day
And you won't waste away
under my watchful eye
Because I'm your hero and you're my weakness

Who's gonna break my fall
When the spinning starts
The colors bleed together and fade
Was it ever there at all
Or have I lost my way
The path of least resistance
Is catching up with me again today

I'm broken down, not good enough
The broken promises add up
To twice their weight in tears which I have caused

I'm afraid to sink, I'm afraid to swim
I'm sad to say I miss my friends
I know that I'm supposed to step away
But they need me to stay and keep a watchful eye
On all my heroes and all their demons

But who's gonna break my fall
When the spinning starts
The colors bleed together and fade
Was it ever there at all
Or have I lost my way
The path of least resistance
Is catching up with me again
Not today
Not today

Was it ever there at all And have I lost my way The path of least resistance Is catching up with me again today

Broken sticks and broken stones
Will turn to dust just like our bones again today
I'm broken down
Not good enough
The broken promises add up again today

Was it ever there at all
And have I lost my way
The path of least resistance
Is catching up with me again today
Again today